



Oakland County Crisis Response Organization

c/o Common Ground Sanctuary • 1410 Old Telegraph • Bloomfield Hills, MI 48302
Business: 248-456-8150 • Crisis Only: 800-231-1127

HELPFUL HINTS FOR RECOVERY

Trying some of the following hints may help to alleviate the emotional pain associated with a traumatic event. For the next few days anyway you should consider eating/drinking less caffeine, salt, sugar, alcohol and eating/drinking more wholesome foods, vitamins B and C. Give your body a chance to recover too.

For Yourself

- try to get more rest
- talk to friends
- eat well balanced and regular meals (even if you don't feel like it)
- fight against boredom
- maintain as normal a schedule as possible, but take breaks
- do not be alone for a while
- re-establish a normal schedule as soon as possible but don't push too hard
- intrusive thoughts/images are normal don't try to fight them they'll decrease over time and become less painful
- physical activity is helpful
- try to keep a reasonable level of activity
- express your feelings as they arise

For Family Members and Friends

- listen carefully
- spend time with your loved one
- offer your assistance and a listening ear especially if they don't ask
- reassure them that they are safe
- help them with every day tasks like cleaning, cooking, and children
- give them some private time
- don't take their anger or other feelings personally
- don't tell them that "you are lucky it wasn't worse" they are not consoled by this statement. Instead tell them that you are sorry this happened to them and you want to help
- don't be surprised if your loved one only wants to talk about the incident with their colleagues. It's okay as long as they are talking

If the symptoms described above are severe or if they last longer than six weeks, the individual may need professional help. The person or family members may contact someone they know or call Oakland County CISM team at 1-800-231-1127 or 248-456-8150 for assistance.

The information on this sheet is taken from the work of Jeffrey T. Mitchell PhD. of the University of Maryland.