

Critical Incident Stress Information

Things You Can Do

- Physical exercise, even a brisk walk, will help alleviate many of the physical reactions you will experience. Get up and move around often.
- Your reactions to what you have experienced are normal - you aren't going crazy.
- Get back to your normal routine as soon as you can. Keeping structure in your life is important.
- Talk to those you love and trust. Talking is one of the best healing medicines.
- Avoid alcohol and misusing medication or other drugs. These complicate, rather than fix, the situation.
- Don't lock yourself away. Spending time with others will speed the healing.
- Drink plenty of water.
- Help others who are hurting by asking how they are doing and checking on them.
- Reassure yourself that you are not a weak person just because you feel bad or feel things are out of control. That is normal for what you have experienced.
- Get plenty of rest.
- Bad dreams, thoughts, and flashbacks are normal. They will decrease in time.
- Eat well-balanced meals, and try to eat regularly.
- Sometimes it helps to write your thoughts down when you are struggling or cannot sleep. Keeping a journal is often a good idea.
- Realize that others around you are also hurting and under stress, too.
- While it is important that you resume your normal routine as soon as possible, do not make any major life changes for several months.
- Remember: "Any reaction to an abnormal situation is normal."