

A dramatic sky scene featuring a bright sun in the upper left, a vibrant rainbow arching across the middle, and a powerful lightning bolt striking a dark, stormy cloud on the right side. The background is a mix of blue and white clouds.

IF YOU WOULD LIKE HELP COPING WITH TRAUMA



# how to cope with TRAUMA

- **GIVE YOURSELF TIME.** Feeling “*traumatised*” is an unpleasant but common effect. You don’t have control over everything that’s happening to you.
- **BREATHE AND RELAX.** When you feel uptight, remind yourself to breathe slowly from your stomach and relax your body.
- **CONFRONT YOUR FEARS OFTEN.** This is how you learn to cope. For example, after a traumatic event, don’t be afraid to go back to the scene.
- **ACCEPT.** You may have scary thoughts, images or flashbacks but try not to block them out. If you do, they will come back. To prove this: try not to think of a skating penguin for one whole minute!
- **NIGHTMARES?** Take a pen and paper and write them down. Read through what you have written until you feel less tense.
- **BE SENSIBLE.** Using alcohol to cope can cause other problems. Talk to people, keep active and do more of what you enjoy instead.