

# Coping with stress after a traumatic event

Easy Read



This **leaflet** is for people who have been affected by a traumatic event.



It will tell you how you may **feel** after a traumatic event.



It will tell you things that might **help** you.



## What is stress?



**Stress** is when you get very worried or upset.

### Stress can affect:



Your **mental health**.



Your **physical health**.



Your **behaviour**.



## What is a traumatic event?



A traumatic event is an event that causes **harm**.

After a traumatic event you may feel:



Angry



Anxious



Stressed



These are **normal reactions** to terrible events.



What is trauma?



This is the feeling you have and how you act after something terrible has happened like an accident.



What might you experience after a traumatic event?



You are easily **agitated**.



You are more **jumpy**.



You cannot **concentrate**.



You can **picture** the incident in your head.



**Bad sleep**- like not sleeping or nightmares.



## More of what might you experience after a traumatic event?



You feel **strong emotions** and a change of mood for no obvious reason.



You feel **numb**.



Your **relationships** with friends or family feel different.



Increased **drug or alcohol** use.

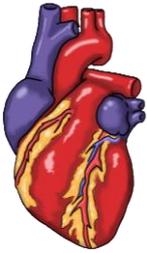


Your performance at **work** has changed.

## You may feel something physical:



Tiredness



Rapid heartbeat



Dizziness, shaking or aching muscles



Feeling sick



Breathing difficulties



Choking feeling in your throat or chest



## What might help make things easier for you?



Try to get your normal amount of **sleep**



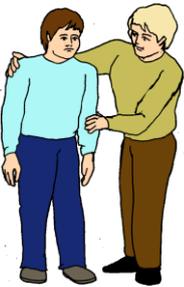
**Rest** and relax



**Eat** regularly and healthily



Tell people what would **help** you



**Talk** to people that you trust about what you are feeling



Spend time in a place where you feel **happy and safe**



Remember that what are feeling is normal after a stressful event.



## When should you get help?



If you have been experiencing any of the things mentioned for more than a **couple of weeks**.



If things are **not getting better** for you.



If you feel **unsafe**.



## Where should you go for help?



Book an appointment with your **GP**



Call the NHS helpline **111**



For more information visit **NHS Choices** website <http://www.nhs.uk/pages/home.aspx>



**SAMARITANS**

Call the Samaritans on **08457 90 90 90**