

COPING AFTER TRAUMA



All Feelings
Are Okay



Limit Input
and Exposure



Ask For Help



Keep Your Routine



Prioritize Basic Needs



ALL FEELINGS ARE OK

Pain, grief, sadness, and anger look different for everyone.



KEEP YOUR ROUTINE

Predictability can offer comfort.



LIMIT INPUT AND EXPOSURE

Protect yourself from outside opinions and reliving the event.



PRIORITIZE BASIC NEEDS

Keep focused on your needs and self care. Remember to hydrate and nourish your body. Put the "to do" list aside for now.



ASK FOR HELP

Reach out to see if others can help with meals, cleaning, driving, dog walking, support, listening, or simply sitting with you. You can return the kindness one day, others want to help.