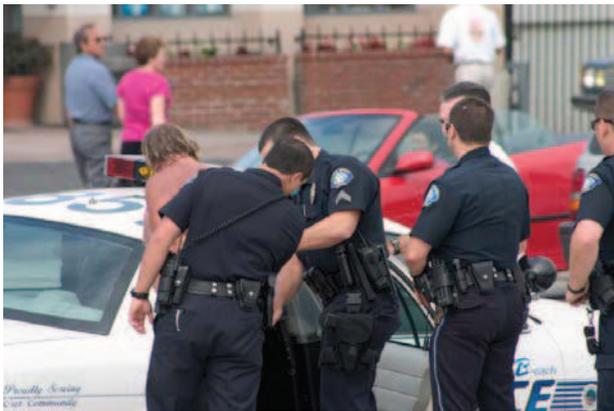


You have been exposed to a traumatic event in your work setting, and you may feel that your life was threatened. Even if you were not directly confronted during the incident, you will probably experience reaction to the traumatic event.

Reactions will vary in terms of severity, intensity, and duration. You cannot control whether or not you have a reaction, but you can influence the rate at which you recover from the incident.

Remember, your reactions are a normal response to an abnormal event!



Some things you might experience include:

- an increased sense of anxiety or fear
- inability to sleep, concentrate, relax
- irritability or short temper
- desire to be alone or a fear of being alone
- paranoid thoughts and/or nightmares
- headaches, increased heart rate and/or stomach problems
- chronic fatigue
- depression

Recovering from this trauma can take time and your healing process will be different from other people's. Be aware of and use your support systems. They will play a very important part in helping you resume your normal functioning after the incident.

Typically, people find support from several sources:

1. The most important support system will probably be your **work** group. They have gone through the trauma with you and know how you feel. Use each other to talk about your feelings. The more you talk, the quicker you will recover.
2. Another form of support will come from your **family**. They will be very concerned about you and will need specific ideas about how to help. However, their support may wane sooner than you are ready. Children are very perceptive. They too need to know how you are doing and what they can do to help.
3. A third source of support may come from the **community**. This will include your friends, counselors, the clergy, or other significant people in your life.

The more you talk about the traumatic event, the quicker you will recover!