

Ways to Cope After a Trauma

There is no one right way to cope. Each person has unique strengths and vulnerabilities. The key is to come up with a plan that will give God room to bring healing to your wound.

Do:

- Relax and rest
- Eat nutritiously (Avoid sugar)
- Exercise
- Get more than enough sleep
- Talk about what happened (to God and others)
- Write about what happened (journaling, letters, e-mails)
- Laugh when you can
- Set small goals
- Keep some sort of routine
- If safe, stay in familiar environment
- Spend time with those who are supportive and helpful
- Cry if you can
- Pray
- Reflect in the Word
- Sing or listen to music
- Educate yourself about traumatic reactions
- Know that the intensity of the pain will not continue forever
- Anticipate difficult times to come
- Search and find perspective and meaning in the event
- Ask for help and let others help you

Don't:

- Make major decisions
- Set up an active travel or speaking schedule
- Drink alcohol
- Drink caffeinated drinks
- Take sedating drugs (i.e., valium, sleeping pills)
- Talk publicly about sensitive details soon after trauma
- Make broad generalizations about yourself, future, others