



Resiliency: The ability to cope with, adapt to, and overcome challenges.

Normal Reactions to Traumatic Events

Physical Responses

- Change in sleep patterns
- Change in appetite
- Shallow, rapid breathing
- Dizziness
- Headaches
- Muscle Tension
- Increased heart rate
- Stomach upset

Emotional Responses

- Shock or numbness
- Anger toward others involved
- Guilt/Frustration
- Sadness
- Feeling unsafe or vulnerable

Psychological Responses

- Confusion
- Difficulty concentrating

Behavioral Responses:

- Withdrawal from others
- Angry Outbursts
- Crying
- Irritability
- Decreased energy/ambition
- Marital/relationship conflict
- Increased use of alcohol or medications

Source: Robert Intveld, LCSW

Tips to Foster Resilience

- **Believe in your ability to bounce back**
- Find your optimistic self!
- Know that any set back is temporary.
- Care for yourself by eating well, exercising, and resting when needed.
- Restore your sense of purpose.
- If you are on medication, continue on your prescriptions and schedule an appointment with your doctor.
- Seek out comfortable, familiar surroundings that promote a sense of wellbeing.
- Share your experience with significant persons who are supportive and optimistic.
- Share your thoughts and feelings with those who are supportive and helpful - It helps to talk or write about them and keep your mood clear.
- Work on beginning to accept what has happened.
- Give yourself time to rebound. It is not a good time to make a life changing decision.
- Set a forward thinking positive goal for yourself and/or family member
- Return to or create daily routines for yourself and your family.
- If you are spiritual, seek guidance.
- Find your sense of humor. It is helpful to laugh, especially during challenging times.
- Find/renew or recommit to your purpose in life
- Consider consultation from a professional Best Care EAP counselor if you feel stuck.
- **Commit to succeed! So many do.**

For additional information, call Best Care EAP at 402-354-8000/800-801-4182 or email to eap@bestcareeap.org.



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