

TIPS FOR COPING WITH A TRAUMATIC EVENT

It is normal to have emotional and physical responses to events as traumatic as building fires or earthquakes. Here are some common responses to trauma and suggestions for how to help yourself or others.

IF YOU OR A FRIEND NEEDS TO TALK TO SOMEONE, CONTACT:

SAN FRANCISCO MENTAL HEALTH

ACCESS TEAM

1-415-255-3737

# **HERE ARE SOME COMMON RESPONSES TO TRAUMA:**

# Emotions and Thinking

* Anxiety, fearfulness, restlessness, agitation
* Feelings of depression, moodiness, periods of crying
* Anger or irritability
* Feeling overwhelmed or apathetic or numb—not able to get motivated
* Feelings of guilt about surviving
* Poor concentration, poor problem solving
* Slowness of thinking or attention, difficulty making decisions
* Forgetfulness, memory problems
* Nightmares or intrusive images

# Physical

* Headaches, nausea, upset stomach, feeling a “lump in the throat”
* Faintness or dizziness or chest pain (seek medical help)
* Fatigue, weakness, heavy feeling, increase in allergies, cold, flu
* Sleep problems
* Loss or increase of appetite

# Behavioral

* Hyperactivity, outbursts of anger or frequent arguments
* Withdrawal, social isolation,
* Increased use of alcohol, tobacco, other drugs
* Avoidance of activities or places that arouse recollection of traumatic event
* Family problems

## WHAT TO DO—COPING STRATEGIES

* Talk to other people about your experience, reactions, feelings, etc. You may find yourself reviewing the events with other people over and over again. That’s ok and may help you to absorb the event.
* Plan extra time to do usual tasks – you may be distracted and not be able to function as efficiently as usual.
* Turn off your radio and television when you start to feel overwhelmed by the news.
* If you are having trouble sleeping, listen to soothing music or drink a glass of milk. Don’t stay in bed trying to fall asleep; it only increases restlessness, which usually increases anxiety.
* Accept whatever feelings you have and let yourself do what makes you feel better, e.g., if sleeping with a teddy bear or flashlight helps, then let yourself do it!
* Recognize we may all be on different timetables, so don’t expect others to handle things or be feeling the same way you do or vice versa.
* Avoid excessive alcohol, caffeine and non-prescribed drugs. Don’t try to numb out. Remember to eat good meals, even if you don’t feel like it, and avoid junk food and excessive sugar.
* Go for walks (exercise) – but don’t over do it. Mild aerobic exercise is second to talking about the trauma.
* Keep in contact with close friend and family.

Be flexible.

See a funny movie.

Keep a journal – write in it if you can’t sleep.

Draw a picture – (especially good idea for children).

**If you need additional help, contact:**

### SAN FRANCISCO MENTAL HEALTH ACCESS TEAM

**1-415-255-3737**

HELPING YOUR CHILD COPE WITH A DISASTER

**TIPS FOR PARENTS AND CARE GIVERS**

### It is normal for children to have emotional and physical reactions to an event as traumatic as building fires or earthquakes. Here are some ways to help them cope with their feelings.

If you need to talk to someone about your child’s or your own reactions, contact:

**SAN FRANCISCO COUNTY MENTAL HEALTH**

## ACCESS TEAM

**1-415-255-3737**

**COMMON RESPONSES--Following a traumatic event some children may:**

* Be afraid to be left alone or afraid to sleep alone. The child may want to sleep with a parent or another person. They may have nightmares.
* Be afraid of the disaster recurring. They may ask, “Will it come again?”
* Be angry. They may hit, throw, and/or kick to show their anger.
* Act inappropriately happy.
* Become more active and restless.
* Behave as they did when younger. They may start sucking their thumb, wetting the bed, asking for a bottle, and/or wanting to be held.
* Be quiet and withdrawn – not wanting to talk about the experience.
* Become upset easily – crying and whining.
* Feel guilty that they caused the disaster because of some previous behavior.
* Refuse to go to school or to childcare--not want to be out of your sight.
* Become afraid of loud noises, rain, or storms.
* Some children may never show distress because they do not feel upset. Other children may not give evidence of being upset until several weeks or months later.

# **HERE ARE SOME WAYS TO HELP CHILDREN COPE WITH THEIR FEELINGS:**

* Talk with your child, providing simple, accurate information to questions.
* Listen to what your child says and how your child says it. Is there fear, anxiety, or insecurity? Your repeating the child’s words may be very helpful, such as, “You are afraid that….” This helps both you and the child clarify feelings.
* Be aware of what your child is seeing or hearing on TV or radio—try to make sure that they are not overwhelmed with repeated stories and pictures of the event. Let your child ask questions and talk about his/her feelings.
* Reassure your child. “We are together. We care about you. We will take care of you.”
* Talk with your child about your own feelings.
* You may need to repeat information and reassurances many times. Do not stop responding just because you told the child once.
* Hold the child. Provide comfort. Touching is important for children during this period.
* Spend extra time putting your child to bed. Talk and offer assurance. Leave a nightlight on if necessary.
* Observe your child at play. Listen to what is said and how the child plays. Frequently, children express feelings of fear or anger while playing with dolls, trucks, or friends.
* Provide play experiences to relieve tension. Work with play-dough, paint, play in water, etc. If children show the need to hit or kick, give them something safe like a pillow, ball, or balloon.

**If you need help for your child, contact:**

## SAN FRANCISCO COUNTY MENTAL HEALTH

**ACCESS TEAM**

**1-415-255-3737**



COMO AYUDAR A LOS NINOS DESPUES DE UN DESASTRE

**Los niňos tienden a demostrar muchas emociones después de un desastre. Estas reacciones son normales y pueden durar mucho tiempo. Algunas reacciones que presentan los niňos son:**

* El miedo excesivo a la oscuridad, a la separación de sus seres queridos, a la soledad, y a las personas desconocidas.
* Una mayor dependencia en sus madres/padres
* Estado de preocupación enorme
* El incremento de conducta infantil, por ejemplo hacer berrinches, chuparse el dedo u orinarse en la cama
* El cambio dramático en los hábitos de comer
* La presencia de dificultades para dormir, por ejemplo no quererse acostar o quejarse de pesadillas
* El incremento de conducta agresiva como pelearse con otros
* La presencia de conducta cohibida como aislarse de los demás o rehusar a hablar
* El incremento de quejas o problemas físicos como dolores de cabeza o del estomago.

**Lo que se puede hacer para ayudar a los niňos:**

* Hablar con ellos de sus reacciones al desastre
* Permitirles expresar sus sentimientos y sus pensamientos
* Asegurarles de su seguridad y permanencia con sus seres queridos
* Abrázarlos con frecuencia
* Pasar más tiempo con ellos a la hora de acostarse
* Permitirles hablar de todo lo que han perdido, tanto lo material como lo personal
* Hablar con otros adultos que conocen a los niňos para colaborar y apoyarse mutuamente

**Si usted necesita ayuda para su hijo, usted puede llamar a:**

**Mental Health Services San Francisco County**

**ACCESS TEAM al 1-415-255-3737**

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**應付創傷事件策略提示**

由於在建築火災或地震事件後造成重大情緒創傷和身體反應是正常的。下面是一些常見的反應創傷和幾點建議如何幫助自己或他人。

如果你或有需要的朋友，想找人說話，聯繫方式：

SAN FRANCISCO MENTAL HEALTH

ACCESS TEAM

1-415-255-3737

下面是一些常見的創傷反應

情感與思考

* 焦慮，恐懼，不安，躁動
* 情懷抑鬱，情緒低落，哭時期
* 憤怒或煩躁不安
* 感到不知所措或冷漠或麻木，不能得到激勵
* 有罪惡感，感覺如何生存
* 難以集中，解決貧困問題
* 步履維艱的思維和注意力，難以作出決定
* 健忘，記憶力問題
* 惡夢或侵入圖像

身體

* 頭痛，噁心，胃部不適，感覺是有“腫塊在喉嚨“
* 頭暈或眩暈或胸口疼痛（尋求醫療幫助）
* 疲勞，乏力，厚重的感覺，增加過敏，感冒，流感
* 睡眠問題
* 損失或增加食慾

行為

* 頻繁的憤怒爆發
* 社會孤立，
* 增加使用酒精，煙草，其他藥物
* 避免活動或場所，喚起回憶創傷事件
* 家庭問題

**應對策略──該怎麼做**

* 跟其他人談談你的經歷，反應，情感等，您可能會發現自己檢討的事件與其他人一遍又一遍。沒關係，可以幫助你吸收的事件。
* 計劃多餘的時間做平常的任務- 你可能會分心，不能像往常一樣有效功能。
* 當你開始感到不知所措的消息，請關閉電台和電視台。
* 如果你有睡眠障礙，聽舒緩的音樂或喝一杯牛奶。不要試圖留在床上入睡，只會增加不安，這通常會增加焦慮。
* 接受任何感情，並且讓你自己做讓你感覺更好的事，例如，如果一個玩具熊睡覺或手電筒的幫助，然後讓你自己做吧！
* 意識到我們可能有不同的時間表，所以不要指望別人辦事會和你一樣用同樣的方式，反之亦然。
* 避免過量飲酒，咖啡因和非處方藥。不要試圖麻木了。請記住，吃飽飯即使你不喜歡它。並避免垃圾食品和過量的糖。
* 去散步（運動） - 但不要過分這樣做。
* 保持聯繫與親密的朋友和家人。
* 要靈活。
* 看到一個有趣的電影。
* 寫寫日記-如果你無法入睡，寫它。
* 畫了一張圖片 -（尤其是對兒童的好主意）。

**如果您需要更多幫助，請聯繫：  
  
SAN FRANCISCO MENTAL HEALTH**

**ACCESS TEAM**

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**幫助孩子應對災難**

**為家長和照顧者提示  
孩子在建築火災或地震事件後造成重大情緒創傷和身體反應是正常的。這裡有一些方法可以幫助他們解決。**

**如果你或孩子想找人說話，聯繫方式：**

**SAN FRANCISCO MENTAL HEALTH**

**ACCESS TEAM**

1-415-255-3737

一些兒童在創傷事件之後可能會的常見反應：

* 害怕一個人獨處或害怕一個人睡。孩子可能要與父母睡覺或其他人。他們可能會做惡夢
* 害怕災難再次發生。他們會問：“會不會再來？“
* 生氣。他們可能會打，摔，和/或踢來顯示自己的憤怒。
* 有不當的高興。
* 變得更加活躍和不安。
* 表現他們年小的時候。他們可能開始吸吮自己的拇指，尿床，要求一個瓶子，和/或想舉行
* 安靜和撤回-不想談論的經驗。
* 容易變得心煩意亂-哭和抱怨。
* 感到內疚，他們所造成的災難，因為一些以前的行為。
* 拒絕上學或到托兒所-不想離開你的視線。
* 成為害怕大聲喧嘩，雨，或暴風雨。
* 有些孩子可能永遠不會顯示苦惱，因為他們不感到沮喪。其他的孩子可能不會給證據被打亂，直到幾個星期或幾個月之後。

**應對策略──該怎麼做**

* 先和你的孩子，提供簡單的準確信息問題。
* 傾聽你孩子的說話，如何說，你的孩子。是否有恐懼，焦慮，不安全感？您重複孩子的話可能會非常有用，比如，“你是害怕...。“這可以幫助你和孩子澄清情緒。
* 知道你的孩子在電視或收音機看到或聽到什麼，以確保他們不淹沒在反复故事和圖片的事件。讓孩子提出問題，談論他/她的感情。
* 告訴你的孩子。 “我們在一起。我們關心你。我們會照顧你。
* 先和你的孩子說你對他的感情。
* 您可能需要重複多次的信息和保證。不要因為你告訴孩子一次就停止響應。
* 握住孩子。提供安慰。
* 花額外的時間哄您的孩子睡覺。如有需要可給一台夜燈。
* 觀察你的孩子在玩耍。聽說他如何和其他孩子玩。通常情況下，孩子們會在玩布娃娃，卡車，或和朋友玩下感到恐懼或憤怒而。
* 提供經驗，以緩解緊張局勢發揮。同樂麵團，油漆，發揮水，兒童節目等，如果需要打或踢，給他們一些一個枕頭，球或氣球。

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