

AFTER A TRAUMATIC EVENT: WHAT TEENS CAN DO

- Whether or not a traumatic or violent event directly affected you, it is normal to feel anxious about your safety, to picture the event in your head and to wonder how you would react in an emergency.
- People react in different ways to a critical incident. Some people become irritable or depressed, others sleep or have nightmares, others deny their feelings or simply “blank” out the troubling event.
- While it may feel better to pretend the event didn’t happen, in the long run it is best to be honest about your feelings and to allow yourself to acknowledge the sense of loss and uncertainty.
- It is important to realize, while things seem off balance for awhile, your life will return to normal.
- It is important to talk to someone about your anger, sorrow and other emotions, even though it may be difficult to get started.
- You may feel most comfortable talking about your feelings with an adult you trust and feel comfortable with.
- It is common to want to strike back at people who cause you pain. This desire comes from our outrage at the innocent victims. We must understand that it is futile to respond with violence. No good comes from hateful language or actions.
- While you will remember the event, the uncomfortable feelings will decrease over time and you will understand that, in learning to cope with critical events, you will become stronger, more adaptable and more self-reliant.