

Tragedy Aftermath: Taking Care of Yourself

Having just experienced the shock and pain of the shooting Sandy Hook Elementary School in Newton Connecticut, you may be stunned for the next several days or weeks. As the immediate shock wears off, you will start to rebuild and put your life back together. During this time, you may experience a range of emotions. In the wake of such events, it is not uncommon for you to feel let down and resentful many months following.

Some common responses to a disaster include¹:

- Irritability or anger
- Sadness
- Fatigue
- Headaches or nausea
- Loss of appetite
- Hyperactivity and hypervigilance
- Inability to sleep
- Inability to concentrate
- Nightmares
- Increase in alcohol or drug consumption

Many victims of tragedy will have at least one of these responses. Acknowledging your feelings is the first step in feeling better. Other helpful things to do include²:

- **Talk about your experiences.** Sharing your feelings rather than holding them in will help you feel better about what happened.
- **Pay attention to your health, diet, and adequate sleep.** Relaxation exercises may help if you have difficulty sleeping.
- **Seek professional help** if your post traumatic symptoms don't lessen with time or get worse.

Resources Are Available

Additional information, self-help tools and other resources are available online at www.MagellanHealth.com/member. Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.
