



Emotional Reactions After an Incident

Things to Try and Things to Remember

- Within the first 24 to 48 hours after the incident, periods of appropriate physical exercise alternated with relaxation will alleviate some of the physical reactions
- Structure your time—keep busy
- Maintain as normal a schedule as possible
- Remember that emotional reactions to a traumatic event are normal
- Recurring thoughts, dreams, or flashbacks are normal; they'll decrease over time and become less painful
- Give yourself permission to feel down
- Reach out and spend time with others—people do care
- Talk to people and share your feelings—it can be a healing medicine
- Do things that make you feel good
- Get plenty of rest
- Realize that others involved in the incident are under stress and may react accordingly
- You may be tempted to numb your emotions with drugs or alcohol, but abusing substances will complicate the situation
- Help your coworkers as much as possible by sharing feelings and checking on them
- Don't make any big life changes or decisions for a while

- Do make as many typical daily decisions as possible, which will allow you to maintain control over your life (for example, if someone asks you what you want to eat—answer them, even if you are not sure)
- Eat regular and well-balanced meals, even if you don't feel like it
- Reach out to your EAP for additional support

The EAP is a Company-sponsored benefit that is available to you free of charge. If you need assistance coping with the constant challenges of dealing with traumatic events, call your BHS Care Coordinator at 800-245-1150 to discuss options.

Your use of the EAP is completely confidential.

ACCESSING YOUR BENEFITS



Accessing your EAP benefits begins with a call to BHS. Your BHS Care Coordinator is available Monday-Friday from 7:00-5:30 CT by calling 800-245-1150.

For more information, visit:
behavioralhealthsystems.com.

Login to MemberAccess to learn more about your EAP benefits, as well as view beneficial online resources.



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