

CRISIS OR TRAUMATIC EVENT

Normal Reactions to Abnormal Events

- A traumatic event/critical incident- is any event that causes unusually strong emotional reactions that may interfere with the ability to function normally.
- It is very common and normal to experience stress reactions.
- These reactions can appear immediately, weeks or months later depending on the severity of the event.
- Understanding and providing support of the individual impacted usually will cause the stress reaction to pass more quickly.
- Occasionally, individuals may need professional, traditional or spiritual supports when they are unable to manage by themselves.
- This does not imply mental instability or weakness. It simply indicates that the event may have been too difficult for one to manage by themselves.

COMMON SYMPTOMS OF A TRAUMATIC EVENT

<i>Physical</i>	<i>Mental</i>	<i>Emotional</i>	<i>Behavioural</i>
<ul style="list-style-type: none"> ➤ Nausea ➤ Dizziness ➤ Headaches ➤ Fainting ➤ Difficulty breathing ➤ Elevated blood pressure or heart rate 	<ul style="list-style-type: none"> ➤ Confusion ➤ Nightmares ➤ Uncertainty ➤ Blaming ➤ Poor attention, concentration, and memory ➤ hypervigilance 	<ul style="list-style-type: none"> ➤ Fear ➤ Guilt ➤ Grief ➤ Panic ➤ Denial ➤ Anxiety ➤ Agitation ➤ Anger 	<ul style="list-style-type: none"> ➤ Withdraw ➤ Inability to rest ➤ Changes in social patterns ➤ Increased alcohol and drug use ➤ Changes in appetite

*If someone is having difficulty coping or if symptoms become unmanageable please seek out professional supports!

SELF-CARE IDEAS & TIPS

<i>Physical</i>	<i>Mental</i>	<i>Emotional</i>	<i>Spiritual</i>
<ul style="list-style-type: none"> ➤ Eat healthy meals ➤ Drink plenty of water ➤ Exercise ➤ Allow yourself to rest – schedule a nap, sleep in. ➤ Play favourite sport (utilize activities/drop in hours 	<ul style="list-style-type: none"> ➤ Read book/magazine ➤ Watch a movie ➤ Listen to your favourite music/playlist ➤ Try to maintain a sense of normalcy ➤ Take time for yourself – schedule private “me time” 	<ul style="list-style-type: none"> ➤ Be with family and friends ➤ Be kind to yourself – practice “self-compassion” ➤ Laugh – humour is good medicine 	<ul style="list-style-type: none"> ➤ Helping and doing things for others ➤ Dancing, signing, and drumming. ➤ Go for a nice walk

LOCAL RESOURCES

Six Nations Mental Health & Addictions Monday to Friday 8:30am to 4:30pm Walk in Crisis Services 519-445-2143	Six Nations Social Services Monday to Friday 8:30am to 4:30pm Walk in Crisis Services 519-445-2071	Six Nations Mobile Crisis Line 24/7 days a week 519-445-2204 or 1866-445-2204	Ganohkwasra Family Assault Support Services 24/7 hour support line 519-445-4324
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**Traditional Medicine Program
(226) 227-9990**

*****IF YOU ARE IN NEED OF ADDITIONAL SUPPORTS PLEASE REACH OUT, PEOPLE DO CARE!**