

A woman's silhouette is shown in profile, looking out at a bright sunset. The sun is low on the horizon, creating a strong lens flare and illuminating the scene with warm, golden light. The woman's hair is long and dark, and she is wearing a dark, textured top. The background is a soft-focus landscape with greenery.

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What To Do If You Experience a Traumatic Event

Experiencing a traumatic event can be incredibly challenging and overwhelming. Here are some steps to consider if you find yourself in such a situation:

Ensure safety: Your safety is paramount. If you're in immediate danger, prioritize finding a safe place. If necessary, call emergency services or reach out to authorities for assistance.

Seek medical attention if needed: If you have physical injuries or concerns about your health, seek medical attention as soon as possible. This is crucial for both your physical well-being and documentation of any injuries related to the traumatic event.

Reach out for support: It's important not to face the aftermath of a traumatic event alone. Seek support from trusted friends, family members, or professionals. Share your experience with someone you feel comfortable with and who can offer emotional support and guidance.

If you've experienced a traumatic event and are experiencing the emotional and/or physical effects of it, the very first step is to admit the trauma happened and accept that you are being affected by it emotionally and/or physically.

The next step is to seek out help. Many people have issues with this step and will skip it. While it is still possible to get over your trauma without the help of a professional (doctor, therapist, nurse, etc.), it's much more difficult and could take longer.

Focus on keeping yourself calm and removing stressors. Exercising, socializing, doing yoga, and meditating can all help you to ease your stress and calm yourself. Many people often turn to their religious community in these times of hardships.

Keeping up healthy routines can also help you to bounce back after trauma. Regularity can be comforting and help to re-establish normalcy in your life, emotions, and brain.

The most important thing to remember is that it will take time. Trauma is a hard thing to move past and get over, but it does happen over time. Don't expect yourself to be magically back to normal in the blink of an eye.

You also want to be sure to know your limitations. If you need help, ask for it. Join a support group or find a therapist accepting

new clients, you could even talk to a leader or counselor in your church. If you need help, don't let it get worse because you were afraid to ask for it.

Trauma can affect us in a lot of ways. It can have major impacts on our emotional, physical, and mental health. You can do something about it, though, if you work at it and ask for the help you need.

Remember that healing from trauma is a unique and personal process. Give yourself the time and space you need to heal, and don't hesitate to reach out for professional help if you find it challenging to cope with the impact of a traumatic event.