

# Coping with Traumatic Events

*This podcast is presented by the Centers for Disease Control and Prevention. CDC - safer, healthier people.*

Tragedies affect all of us in different ways. Some people might react to stress immediately; for others, the reaction may come later. People may feel more fearful or relive past traumatic experiences.

It's common for people who have gone through a tragedy to feel a sense of loss, helplessness, or numbness for a period of time. They may feel nervous or on edge. People may have troubling memories and have difficulty sleeping or concentrating. Some may not recognize that these reactions are related to the stressful event.

Talk about your experiences and get support from family, friends, and co-workers. Other places to seek support include faith-based or volunteer organizations, such as your local American Red Cross.

It's important to take care of yourself by keeping your normal routine. Avoid using alcohol and drugs which can suppress your feelings rather than letting them come out. Helping other people or volunteering in your community can help you feel better, as well. Keep in mind that returning to the way you felt before the event may take some time.

If your distress continues or you have trouble managing your feelings, talk to a psychologist, social worker, or professional counselor.

Go to [www.cdc.gov](http://www.cdc.gov) for more information.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*