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Recovery after Trauma Guide



When to get more help

For some people, a traumatic experience can lead to ongoing mental health issues or have negative impacts on their relationships with family, friends and work.

It's time to reach out for help if:

- you're struggling to cope,
- you don't notice improvements after a couple of weeks, or
- others are worried about you.

Seeking help is not a sign of weakness and it's best to get help early.

Help is available

A great first step is to talk to your General Practitioner, Employee Assistance Program (EAP) if available, or TIACS.

TIACS is a free service for all blue collar workers including truckies, farmers, tradies and their families and supporters.

www.tiacs.org

Phone or text **0488 846 988**

Mon-Fri 8am-10pm AEST

More support options are listed on the Healthy Heads website at www.healthyheads.org.au and on the Healthy Heads App.



For immediate assistance

Lifeline

13 11 14

lifeline.org.au

Lifeline Text

0477 131 114

lifeline.org.au

A partnership between



Recovery after Trauma
Glovebox Guide

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Everyone's experience of trauma is unique.

People working in transport, warehousing and logistics can be exposed to potentially traumatic events, such as being involved in or first on the scene at motor vehicle accidents or near misses, workplace accidents or physical assaults.

In the days and weeks following a traumatic event, it's normal to experience a range of reactions, and these vary from person to person.

Common reactions include:

- strong feelings of fear, sadness, guilt, anger, or grief,
- fatigue and difficulty sleeping,
- feeling 'on edge' and alert to danger,
- avoiding reminders of what happened,
- using alcohol or drugs more to help cope,
- difficulty concentrating and making decisions.



Recovery is possible

Generally, these common reactions will resolve on their own over the coming weeks, and with the support of family, friends and peers you will recover. This guide includes suggestions to help you with your recovery.

Looking after yourself

Some people experience many potentially traumatic events over the course of their career. Even though you may have coped well with these in the past, it doesn't mean you won't feel impacted by what you've just experienced, so it's important to take care of yourself over the coming days and weeks.

- **Be kind to yourself** – recognise that you've been through an extremely stressful event and an emotional reaction is normal.
- **Remember your strengths** and what has helped you cope before.
- **Look after yourself** – rest, eat regular, well-balanced meals, make time for physical activity, and reduce caffeine, sugar, alcohol and cigarettes.
- **Spend time with people** you care about, even if you don't want to talk about what's happened.
- **Make time for relaxation** - whether it's listening to music, going for a walk- whatever works for you.
- **Structure your days** as much as possible, especially if you've taken leave from work.
- **Resume your normal routine** as soon as possible but take it easy.

- **Try not to bottle up your feelings** or block them out.
- **Avoid making major life decisions** in the weeks after the event but try to make small daily decisions to help you feel more in control.
- **When you're ready, talk** about your feelings to other people who will understand.
- **Write about your feelings** if you don't feel like talking to others about them.
- **Give yourself time to re-evaluate.** Trauma can affect the way you see the world, your life, goals, and relationships.