

# Helping yourself after a traumatic event



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.

After traumatic events it is normal to experience strong feelings of fear, sadness, guilt, anger or grief. Generally, these resolve on their own, but for some people these events can leave lasting impacts.

## Try some of these suggestions:

- ✔ 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, 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.

## If you are struggling to cope or feel affected by the trauma after two weeks ask for help.

Seeking help is not a sign of weakness and its best to get help early.

A great first step is to talk to your GP, 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. Phone or text 0488 846 988.

[www.tiacs.org](http://www.tiacs.org)

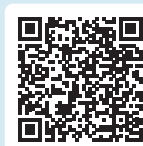


## See support options and resources on the Healthy Heads website.

[www.healthyheads.org.au](http://www.healthyheads.org.au)



Download the **Healthy Heads App**



Download the Healthy Heads **Recovery after Trauma resources.**