

Interactions

COUNSELLING & SUPPORT SERVICES

“COPING AFTER A TRAUMATIC EVENT?”

“WHAT IS TRAUMA?”

Trauma is an event that is outside the range of usual human experience that would be markedly distressing to almost everyone.

What are common reactions?

- Recurring thoughts or nightmares
- Sleeping and eating changes
- Experiencing anxiety and fear
- Difficulty remembering trauma facts
- Feeling irritable, angry and resentful
- Feeling emotionally numb
- Unable to face certain activities

Short-term effects of stress

You can sometimes experience dry mouth, pale face, faster breathing, tense muscles, butterflies, sweaty hands. You could be less sensitive to pain, feeling cold and have a reduction in sex hormones.

Long-term effects of stress

If you have been suffering from stress for a long time you may still be experiencing or start to develop headaches, insomnia, weight loss or gain, shakiness, nervousness, indigestion, skin conditions, sexual problems, high blood pressure, heart disease, stroke, thrombosis, ulcers and muscular tension.

Often the smallest changes can make the biggest difference in your life. Try the hints below, it might just help.

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How do you help yourself?

- **Be kind to yourself.** This may seem too simple, but you are often the first person you forget about when things get too much. It could be as simple as a long soak in a bath, or maintaining regular sleep times.
- **Eat regularly and exercise to relieve stress.** Focus on your strengths and positives, and don't focus on the negative as much as you usually do. Exercise in the morning can clear your head for the rest of the day.
- **Talk to people.** The more you vocalise what's in your head, the more you can rationalise it. Redefine your priorities, avoid big decision making and set small realistic goals.
- **Live your life as normally as possible.** Sitting in the house and thinking continually about your problems can often make them escalate in your head. Creating a routine for yourself and making your life as full as possible, and relying on friends and family can sometimes be the difference between a mountain and a molehill.

How can we help?

At Interactions we aim to provide a safe and comfortable setting where you can explore your problem issues comfortably and without any judgement.

We will provide an opportunity for you to focus on your trauma and to explore thoughts, feelings and reactions which may have accompanied the experience of the trauma.

We will work, at your pace, through the traumatic issues in order to enable you to feel more empowered to live your life as you desire.

Interactions will provide, in the evening as well as the daytime, Post Traumatic Stress counselling, with continued support, information and training also being available.

We pride ourselves in offering a cost effective resource provided by qualified counsellors to businesses, organisations or individuals.

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Do you ask yourself these questions?

- Why can't I sleep at night?
- Who can I get to listen?
- What is wrong with me?
- Am I weak if I ask for counselling?
- When will the flashbacks stop?
- Why am I still bursting out crying?
- Why could it not have been me?
- How long will I have panic attacks?
- Will I be like this forever?

The answers to these questions differ for every traumatised person as we are all individual and unique. None of us react in the same way, therefore our needs have to be met in varying ways. Counselling will find the right way for you!

Did you know?

Humorous statements have been perceived as trivialising the trauma and reveal a total lack of empathy.

After a trauma, adrenaline may still be pumping through your body, making important decisions harder to make,

If you're experiencing a panic attack it is helpful if you can slow your breathing down by counting to 3 when you inhale, and 3 when you exhale,

You do not need to react to be normal. It is normal to react

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"OTHER SERVICES WE OFFER?"

- Loss and bereavement
- Relationship problems
- Alcohol and substance abuse
- Sexual issues
- Work related stress
- One to one counselling
- Telephone counselling
- Supervision
- Training
- Mediation

Consulting Rooms

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The Text in this document was copied from a Leaflet supplied by Interactions Counselling & Support Services – George Davidson at the FIDN Network Meeting 03/03/2011 Balmullo Village Hall to put onto the FIDN website.
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