

Do's and Don'ts

Examples of coping skills that may assist in recovery for the first 24-48 hours

DO:

- Talk about the incident
- Expect the incident to bother you
- Maintain usual diet, exercise and rest
- Get plenty of rest
- Remind yourself reactions are normal
- Spend time with family and friends
- Structure your time – keep busy
- Reach out – people do care
- Keep a journal of your thoughts
- Help coworkers by sharing your feelings
- Check to see how coworkers are feeling
- Drink plenty of water

DON'T:

- Drink alcohol
- Use illegal substances to numb
- Withdraw from family and friends
- Have unrealistic expectations for recovery
- Make big life changes
- Fight any reoccurring thoughts, dreams or flashbacks – they will decrease over time

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The Bob Denton

**Safety Forces
Support Center**