



## INDEPENDENCE HOUSE, INC.

Cape Cod's leading resource, counseling and advocacy center to address and prevent domestic and sexual violence.

*Promoting safe and healthy relationships*

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# WAYS TO COPE IN THE AFTERMATH OF TRAUMA

- **Rest and Find Ways to Relax.** Deep breathing, meditation, music, reading, etc.
- **Exercise.** Within the first 2 day, strenuous physical exercise can alleviate some of the physical reactions associated with trauma.
- **Eat Regular Well-Balanced Meals.** Sugar and caffeine can increase stress.
- **Journal.**
- **See a Counselor.**
- Remember that you are having a **normal reaction to an abnormal event.**
- **Give yourself permission to feel terrible and time to heal.**
- **Avoid Making Major Life Changes.** Even small, daily decisions will feel overwhelming.
- **Do things you enjoy and that are important to you.**
- **Don't Measure Yourself By Others.** Our healing process is unique.
- **Rely on People You Trust for Support who will Listen without Judgement.** Remember, it's ok to tell people when you don't want to talk.
- **It is Not Your Job to Protect Your Family/Friends/Partner.** Counseling services are available for those who may be having strong reactions to your trauma.
- **Remember: You Are a Survivor!** It is not your fault and it is possible to heal from this experience.