

# Helping Yourself Cope

**You may be experiencing:** fatigue, difficulty concentrating, irritability, anxiety, avoidance behavior, mood changes, GI upset, sleep disturbance, intrusive recollections and other physical, cognitive and emotional reactions common to a traumatic event.

## What to do:

- Allow more time to do things.
- Maintain regular eating and sleeping routines.
- Choose healthy foods.
- Utilize community support.
- Exercise.
- Do things that will help you heal.
- Return to daily work and life activities as soon as possible.

If you are concerned about the nature or severity of your physical reactions, seek medical help.

For more assistance, call (866) 725-0602 or visit [www.viriniatech.healthandperformancesolutions.net](http://www.viriniatech.healthandperformancesolutions.net)

