



BROWN

SELF-CARE STRATEGIES

Aftermath of a Traumatic Event

01.

Prioritize Rest and Nourishment:

Trauma and grief place real demands on your nervous system. Adequate sleep and regular, balanced meals help restore physical and emotional energy.

02.

Engage in Movement When You Can:

Gentle or regular exercise has strong evidence for reducing anxiety, depression, and sleep difficulties. Even short walks or stretching can help. Focus on self-regulation, not performance or intensity.

03.

Stay Connected:

Social support is one of the most protective factors after trauma. Spending time with trusted friends, family, or community can reduce feelings of isolation, shock, and grief.

04.

Share Your Feelings in Safe Spaces:

Talking with people who listen without judgment—and with mental health professionals when needed—can help your brain process what happened. Crying is a natural and healthy response to loss and stress.

05.

Make Room for Moments of Relief:

Laughter, small pleasures, and healthy distractions are tools that support resilience. Embracing these moments does not diminish or deny the gravity of your trauma.

06.

Accept Support from Others:

Letting people help you with practical or emotional needs is a demonstration of strength, not a burden. Asking for help is a necessary act of self-care.



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07.

Limiting Exposure to Media/News:

The urge to fill knowledge gaps about your trauma is understandable. However, finding a balance is key: actively manage your news and media consumption, and reduce your exposure whenever it becomes overwhelming to your well-being.

08.

Avoid Using Substances to Cope:

While drugs and alcohol can offer temporary relief from pain, relying on them can significantly hinder the emotional processing necessary for long-term healing and recovery.

09.

Give Yourself Permission to Take the Time You Need:

Be patient with yourself. Trauma recovery cannot be rushed. Healing is a non-linear process that unfolds at your unique pace.

10.

Maintain Gentle Structure:

Keeping a routine and completing manageable tasks can restore a sense of stability. Start small and build gradually.

Counseling and Psychological Services (CAPS)

450 Brook St, Providence, RI 02912

- **CAPS** can be reached at **401-863-3476** for routine and crisis appointments. We offer walk-in urgent care appointments during regular business hours. Overnights, weekends and holidays, call CAPS and follow the prompts to access the on call counselor
- **TimelyCare** is an extension of CAPS and can be accessed via an app or website from any location in the USA. Enrolled students have free access to scheduled teletherapy sessions and digital self-care content.