



Employee Assistance Program

It is OK to not be OK

What Happens After a Distressing Event?

Call 716-681-4300 or 800-888-4162

When you experience a stressful or challenging event, it may cause distress and overwhelm you. You may be experiencing different responses over the next few weeks while you process what has happened. Below are many common reactions that happen following a stressful event.

Impacted Areas	Negative Response	Positive Response
Cognitive	Confusion, disorientation, worry, intrusive thoughts & images, self-blame	Determination and resolve, sharper perception, courage, optimism, faith
Emotional	Shock, grief, fear, anger, numb, irritability, guilt & shame	Feeling involved, challenged, mobilized
Social	Extreme withdrawal, interpersonal conflict	Social connectedness, altruistic helping behaviors
Physical	Fatigue, headache, muscle tension, stomachache, difficulties sleeping	Alertness, readiness to respond, increased energy
Spiritual	Questioning faith, stop practicing, anger at a higher power	Newfound faith

EAP is here to help you develop a plan to support your mental health.



Call or visit the C&FS EAP website for confidential support today.

716-681-4300 eap.cfsbny.org

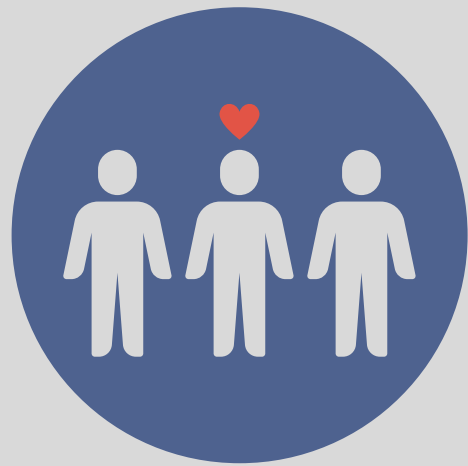
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How to Take Care of Yourself and Others After a Distressing Event

HOW TO GET BACK TO YOUR OPTIMAL FUNCTIONING



Seek Social Supports



Relaxation Exercises



Get Back to Routine



Finding areas that you are able to control

HOW TO HELP OTHERS WHO HAVE BEEN IMPACTED



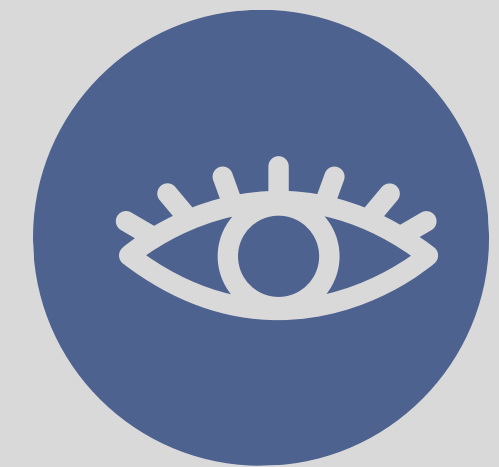
Offer short and long-term Support



Offer Practical Support for daily living



Listen



Watch For Warning Signs below

Warning signs for yourself

- Thoughts of wanting to die or kill yourself
- Having feelings of hopelessness and/or rage
- Not taking care of yourself- hygiene, not eating, not sleeping
- Pre-occupied with thoughts and images of the event
- Feeling desperately lonely & afraid
- Paralyzed to make decisions
- Becoming overly reliant on alcohol or other drugs to block the pain

Warning signs for others

- Using alcohol or drugs to cope
- Overeating or failing to eat
- Working too much
- Stopping normal hygiene routines
- Extreme withdrawal from family or friends
- Withdrawing from pleasant activities
- Violence or conflict
- Blaming others

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