

Health Tips for *After a Traumatic Event*



WORKLIFE
SOLUTIONS



Create time to talk to your child/family, acknowledging the crisis while using age-appropriate language and information



Listen to your child with consideration to their feelings



Be alert and aware of any heightened anxiety (feeling ill, mood changes, loss of interest in activities, change in relationships, etc.)



Make sure you and your loved ones are eating, drinking enough water and sleeping



Maintain relationships/contact with friends and family



Know that everyone responds to trauma and grieves differently



Monitor exposure to news/media coverage; take media breaks



Encourage normal schedules at home to help children feel safe



Get connected to professional help if needed

We are here for you and your loved ones.

If you or a loved one is in need of support, please contact us:

WWW.CAREOFSEM.COM | 586.541.2273 | 31900 UTICA ROAD, FRASER, MI 48026