

WHEN DO I NEED ADDITIONAL HELP?

- If you continue to have trouble functioning normally for weeks or months after the event(s)
- When you are not taking good care of yourself
- When you have a friend or co-worker who is not getting better
- When you feel like the reactions are running your life
- Feel overwhelmed or out of control



WHERE CAN I GET HELP?

- **City of Milwaukee Employee Assistance Program**
(414) 286-3145
- **Unitedhealthcare EAP**
(888) 887-4114
- **Workplace Clinic**
(414) 777-3413
- **Suicide and Crisis Lifeline**
988
- Parent, friend (who is not overwhelmed), or relative: _____
- Pastor or another adult you trust: _____
- Others (Who would you put in?): _____

Reactions to Overwhelming/ Stressful Events

Employee Assistance Program



City of Milwaukee EAP

Employee Assistance Program



City of Milwaukee EAP



What Are Normal Reactions?

Most people have some reaction to a traumatic event, such as the death or near death of a friend, classmate, or someone you know; being physically or sexually abused; or other overwhelming situations.

These experiences may affect your ability to function and take care of yourself. Everyone's reaction is different and based on personal experiences. It may take a while to have a reaction, and sometimes you may not feel a reaction at all. People often don't realize they are reacting. Sometimes feelings are triggered by having something similar happen at a later time.

COMMON REACTIONS

- Fatigue
- Feeling anxious
- Nightmares
- Sadness
- Trouble Concentrating
- Apprehension
- Anger
- Increase risk-taking
- Change in appetite (too much or too little)
- Sleep changes (too much or too little)
- Increase use of alcohol or drugs
- Withdrawal
- Headaches
- Feeling overwhelmed
- Irritability
- Feeling numb
- Replaying event over and over in your head
- Stomach problems/aches

WHAT CAN I DO TO FEEL BETTER?

- Adequate sleep (9-10 hours)
- Spend time doing something you enjoy
- Eat healthy and drink water
- Engage in projects/tasks that you can start and finish in one day
- Listen to music that is positive
- Talk with someone who supports you
- Support someone else

