


	<h2>Coping with Trauma</h2>
	<p>Trauma can happen when something that is very frightening or unexpected happens. Such as:</p> <ul style="list-style-type: none">• Seeing someone get hurt,• A friend or family member dying,• Seeing an accident,• Being involved in an accident.
	<p>Trauma can make you feel:</p> <ul style="list-style-type: none">• Worried• Frightened• Angry• Upset• It can be hard to get on with your day to day life and routine.
	<p>What might happen to you after a trauma? You might:</p> <ul style="list-style-type: none">• think about things which upset you, even when you are trying to do other things.• have bad dreams.• be frightened by things which remind you of the trauma.• be frightened something bad is going to happen.



Your body might feel different. You might:

- feel your heart beating fast.
- feel shaky and sweaty.
- feel tired.



Coronavirus can make us feel frightened. We might have a trauma because of the coronavirus.

Coronavirus means you cannot:



- see friends and family.
- go out when you want
- talk to people in the street

Coronavirus means you can:

- go out for essential shopping.
- go out for exercise once a day

Remember:

- We need to be a big distance (2 meters) apart from other people.
- Coronavirus can make you feel worried and upset.
- It helps to talk to people over the phone when you are upset.

	<p>What you could do to help you feel better</p> <p>Talk to others – talk to your carer or friends and family on the phone.</p> <p>Keep yourself busy by doing something you like.</p> <p>Do some exercise.</p> <p>Relax by listening to music or have a bath</p> <p>Try a new hobby</p> <p>Eat healthy</p> <p>Do not drink alcohol.</p>
	<p>Understanding what has happened to you can help you feel better</p> <p>Understanding why you are worried about coronavirus can help you feel better</p> <p>Talk to people on the phone about what has happened.</p> <p>Talk to people on the phone about your worries about coronavirus.</p>



It is important to ask to talk to your GP, 111 or Samaritans if

You do not feel better over time

You feel very upset or angry

You no longer want to do the things you used to do

You want to hurt yourself