RECOVERY:  
*Good Things To Do When Bad Things Happen*

Video Link  

Transcript

Most emergency responders understand that hazards come with the job. The impact of a particularly bad event can really shake you up. The distress that follows can make it hard to return to work, at least for a few days.

Here are some good things you can do to help your recovery after an upsetting experience. Many of these were recommended to us by other emergency responders.

- Spend some time with loved ones each day and remind them how to support you
- Talk with a trusted family member, friend, colleague, or counselor about what happened
- Remind your family that they are affected by what happened to you and help them recover
- Be sure to avoid people who are draining or depressing
- Maintain normal activities and schedules but allow extra time to for ordinary tasks
- Write about your experience in a private journal
- Relax by using therapeutic massage, yoga, progressive muscle relaxation, or mindfulness training
- Rest and eat healthy, well-balanced meals
- Get plenty of outdoor physical exercise

Here are things to avoid right after an upsetting experience.

- Don’t make big life decisions or changes
- Don’t increase your use of alcohol, recreational drugs, caffeine, or smoking
- Don’t try to “just forget” about the event or label yourself as crazy or weak
- Don’t start arguments with loved ones or isolate yourself from others
- Don’t watch violent movies or TV shows
- Don’t increase use of sedatives or sleep medication

These techniques will help you get back to “near-normal.” Recovery is different for each person and event. So, take your time figuring out what will work best for you. The important thing is to take this seriously and manage your recovery wisely. You can do it.

Contact my friends at the [Headington Institute](https://www.headingtoninstitute.org) for more information or assistance. They’re here to help.