

# Self help matters.

Helping you to find your solutions

## Coping with a Major Crisis

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Events, which threaten our lives or our physical or psychological well-being, include, major disasters which impact broadly on many people and more personal incidents such as a major injury or illness, loss of a close relationship through death or separation or any other significant life events.

You might experience a mix of feelings and emotions, such as numbness, fear, guilt, helplessness, confusion, anger, sadness and shame. And also mental and physical reactions, such as tiredness, exhaustion, nightmares, palpitations, poor sleep, being jumpy and easily startled or change of appetite and poor concentration. You may also involuntarily vividly recall the event, often referred to as flashbacks.

You may find that close relationships become strained, particularly if friends and family do not understand what you are going through and you may withdraw from them.

## Top Tips

**People.** Other people can be your main source of comfort during a crisis. Talking about what happened and expressing your feelings to a trusted and sympathetic listener can be very cathartic.

**Information.** If you have a good grasp of what is going on and you have information, then you may have choices or options. Not knowing often breeds further anxiety. Where do you need to go or who do you need to speak to, to get the information you require?

**Self Expression.** As you allow yourself to reflect more on this trauma you may well think, talk and also dream about it over and over again. Many people find it helpful to talk to others following a traumatic incident, particularly if those others were also present at the event.

**Express yourself.** Expressing feelings rather than bottling them up can be very therapeutic and reduce the risk of nervous and physical problems emerging. However, we are all different in how we deal with life events and some people prefer to cope with these by themselves. Listen to yourself and do what you feel is best for you.

**Confronting Reality.** If you feel able to, confront reality by attending funerals and looking at losses to help you come to terms with the event. Some people find it helpful to revisit the scene when they feel able to do so. If you are troubled by a particular part of the incident, making sure that you know what really happened can be helpful.

**Limit changes.** Keep life as normal as possible and this includes as normal a routine as possible. There can be comfort and predictability in routine.

**Be kind to yourself.** What you are feeling is a natural reaction. Accept and appreciate that your reactions are a normal response to an abnormal event.

**R & R.** Rest & Recuperation. Take time to rest, eat well, exercise and sleep.

**Openness.** If you are able to and it is helpful for you, express your needs clearly and honestly to family and friends.

**Young people.** Remember children may need to talk about their emotions and express themselves in games and drawing.

**Expert support.** If after four to six weeks you are not starting to feel better it would probably help you to seek some professional assistance. This might include speaking with your GP or arranging to meet with a Counsellor.

## Resources

### MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



**Opening Hours:** Online

[www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx](http://www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx)

### LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



**Opening Hours:** Online

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

### NO PANIC

Supports sufferers of panic attacks, phobias & other anxiety disorders, including tranquilliser withdrawal.



**Youth Tel:** 0330 606 1174 (landline rates apply) **Opening Hours:** 15.00-18.00 Mon-Fri

**Adult Tel:** 0844 967 4848 (landline rates apply) **Opening Hours:** 10.00-22.00 daily

[www.nopanic.org.uk](http://www.nopanic.org.uk)

### MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



**Opening Hours:** Online

<http://mindfulnessforstudents.co.uk/>

### ANXIETY UK

Information and support for anxiety sufferers



**Opening Hours:** Online

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



[www.abdn.ac.uk/infohub/support](http://www.abdn.ac.uk/infohub/support)

### TOGETHER ALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



**Opening Hours:** Online

<https://togetherall.com/en-gb/>

### If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - [www.abdn.ac.uk/counselling](http://www.abdn.ac.uk/counselling)