



**COLORADO**

State Employee Assistance  
Program

CSEAP

# **Traumatic Incidents:**

## **Noticing Impacts & Caring for Self**

*Colorado State Employee Assistance Program*

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# Trauma Responses

Typical/Expected Responses	Pay Attention & Consider Requesting Support
Sadness, helplessness; Irritability, anger	Nightmares, flashbacks
Shame, guilt	Absence of emotion
Low motivation, loss of interest; Numbness	Increased substance use
Fatigue; Difficulty sleeping	Extreme agitation, violence
Easily startled; Feeling tense, anxious	Panic attacks
Changes in appetite, sleep, libido	Thoughts of suicide, self-harm
Performance changes - work, home, school	Any typical/expected (see left) response that has gone on for a timeframe that is uncomfortable or impacts quality of life



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# Strategies for Coping

## Wellbeing-Critical

<b>1</b>	<b><u>Move every day</u></b> & make it predictable; break <b><u>cardiovascular exercise</u></b> into increments.
<b>2</b>	Make your <b><u>sleep routine a priority</u></b> and support it with good habits.
<b>3</b>	<b><u>Reduce screen time, social &amp; other media</u></b> - try a puzzle, a walk, cook, a hobby; <b><u>get help if needed.</u></b>
<b>4</b>	Engage in <b><u>calming practices</u></b> - breathing, yoga, stretching, meditation, prayer - whatever works for you.

### Resources:

<https://www.apa.org/news/press/releases/stress/2013/exercise>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6214874/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5574844/>

<https://www.apa.org/topics/resilience>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6137615/>

<http://sschc.org/wp-content/uploads/2014/11/Behavioral-Activation-for-Latinos-with-Depression.pdf>

<https://www.health.harvard.edu/mind-and-mood/a-20-minute-nature-break-relieves-stress>

## Give These a Try ...

<b>5</b>	Spend time in <b>nature</b> .
<b>6</b>	<b>Intentional</b> meditation
<b>7</b>	<b>Shift your thinking</b> - what's to gain? Could there be a positive outcome?
<b>8</b>	<b>Follow your plan</b> , not your mood; commit to engage <i>even</i> when you don't 'feel it'.
<b>9</b>	Connect with <b>supportive others</b> .
<b>10</b>	Identify (authentically) <b>daily gratitudes</b> .
<b>11</b>	<b><u>Help someone else</u></b> and/or get involved in meaningful activities.



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# Contact CSEAP

**303-866-4314**

**800-821-8154**

**Office Locations**

**Colorado Springs . Denver . Grand Junction . Alamosa**

**Telehealth is available statewide.**

***Visit us at [www.colorado.gov/cseap](http://www.colorado.gov/cseap)***