

A TRAUMATIC EVENT can trigger all sorts of emotions and it can be hard to know how to cope

Emotions: What I may feel

It is normal to feel

- **Numb**
- **Not accepting**
- **Confused**
- **Lost**
- **Helpless**
- **Hopeless**
- **Sad**
- **Frightened**
- **Guilty**
- **Angry**
- **Tense**

Why do I feel like this?

Different people deal with stress in different ways. This is normal

You may not be able to take in what has happened. You may need events explained to you a few times.

Life as you know it is out of control. You may feel you are not thinking clearly

You may feel like crying a lot, or you may want to hide your feelings.

You may blame yourself or others for what has happened.

You are hurting as your world has been turned upside down. Your emotions may seem to be out of control. Different people show this in different ways.

Help for me with my feelings

Here are some of the things that may help you

Disbelief is a safety net and only you will know when you don't need it anymore. We will explain things as often as you need us to.

Be gentle with yourself. Get emotional support: family, friends, Chaplains, Kai Atawahai/Maori Health Services, your own faith, your community.

Do what feels right for you. Ensure you have all your questions answered

Be kind to yourself. Remember to just live and hope one day at a time.

Release your anger in a healthy way. It is not helpful to take it out on yourself or others. Take time out e.g. walk in the fresh air. Talk to someone who understands. We know waiting is hard, please bear with us.

Resources are available to you, just ask the nursing staff:

Chaplains services
Kai Atawhai / Maori Health Services
Social Workers

Department of Critical Care Medicine

Coping

With Your Relative's

Admission to DCCM

References:

DCCM Policy: Patient follow-up services
Maori Health Services, Chaplain and Social Work
Services ACH

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