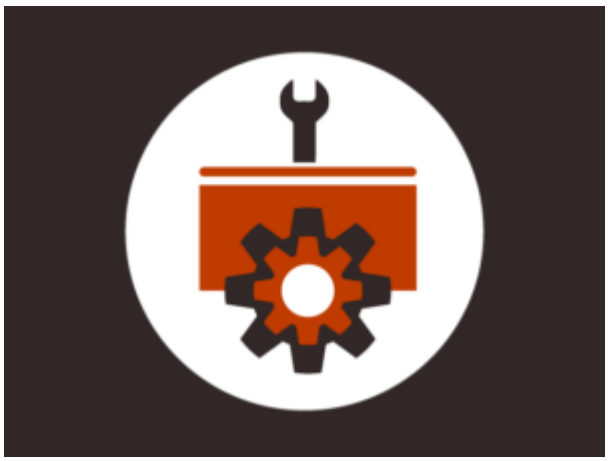
CDC Coping with Stress from Trauma



Tip sheet on typical behavior and coping strategies.

A traumatic event turns your world upside down. After surviving a disaster or act of violence, people may feel dazed or even numb. They may also feel sad, helpless, or anxious. In spite of the tragedy, some people just feel happy to be alive.

It is not unusual to have bad memories or dreams. You may avoid places or people that remind you of the disaster. You might have trouble sleeping, eating, or paying attention. Many people have short tempers and get angry easily.

These are…