

UNDERSTANDING YOUR REACTIONS

INFORMATION FOR PUPILS

You have experienced an incident which has been very upsetting for you. Even though this event is over, you may still be experiencing some reactions to it. This is normal. It is unlikely that you have experienced anything like this before and so you may never have been faced with such reactions.

Your reaction may last a few days, a few weeks or longer. Your parents, teachers and friends can help you cope with this and get rid of some of these feelings and reactions. Sometimes this might be a bit more difficult and you might need more help. This does not mean that anything is wrong with you. It only means that the event is just too powerful for you to deal with on your own. Here are some reactions you might experience.

THINKING	FEELINGS
Confused Nightmares/bad dreams Poor concentration Restless Not interested in what is going on Spending a lot of time thinking about what happened	Worried Guilty Angry Sad Easily upset Cross Overwhelmed
BEHAVIOURS	PHYSICAL COMPLAINTS
Loss of appetite Being very quiet Agitated Being quarrelsome/arguing	Feeling tired all the time Unable to rest or settle Feeling sick/knot in tummy Cold and shivery

REMEMBER

1. Your reactions are normal.
2. They should lessen in time, normally over the next few weeks.
3. If you have any concerns tell your parent or a teacher.
4. People love you and care about you. Let them help.
5. Dreams or other thoughts about the traumatic event will get less over time. They are normal reactions to what you experienced. They are signs that your mind is trying to understand what happened.



THINGS THAT MIGHT HELP YOU

- 1 Talk to people and tell them what is on your mind. Talk to your parents or to your teachers. Talking is a great way to help at this time. No one can resolve all their worries by themselves. Your teachers, parents or friends may be able to help you.
 - 2 Take some exercise – walking, running, playing games. This will get rid of some of the tension in your body and mind.
 - 3 Keep yourself busy.
 - 4 Keep doing all the usual things – this will also help you.
 - 5 Spend lots of time with your friends and your family.
 - 6 Do things that you like and that make you feel good.
 - 7 Get plenty of rest.
 - 8 Do not be afraid to ask for help.
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