

DON'T BOTTLE UP FEELINGS.

Do EXPRESS YOUR EMOTIONS AND LET CHILDREN SHARE IN THE GRIEF.

DON'T AVOID TALKING ABOUT WHAT HAPPENED.

Do TAKE EVERY OPPORTUNITY TO REVIEW THE EXPERIENCE.

Do ALLOW YOURSELF TO BE PART OF A GROUP OF PEOPLE WHO CARE.

Don't EXPECT THE MEMORIES TO GO AWAY - THE FEELINGS WILL STAY WITH YOU FOR A LONG TIME TO COME.

DON'T FORGET THAT CHILDREN EXPERIENCE SIMILAR FEELINGS.

Do TAKE TIME OUT TO SLEEP, REST, THINK AND BE WITH THOSE IMPORTANT TO YOU.

Do EXPRESS YOUR NEEDS CLEARLY AND HONESTLY.

Do TRY TO KEEP YOUR LIFE AS NORMAL AS POSSIBLE AFTER ACUTE GRIEF.

Do LET CHILDREN TALK ABOUT THEIR EMOTIONS AND EXPRESS THEMSELVES IN GAMES AND DRAWINGS.

Do SEND YOUR CHILDREN BACK TO SCHOOL AND LET THEM KEEP UP WITH THEIR ACTIVITIES.

DO DRIVE MORE CAREFULLY

DO BE MORE CAREFUL AROUND THE HOME

WARNING: ACCIDENTS ARE MORE COMMON AFTER SEVERE STRESS.

- Careline 1800 409388
- Samaritans 1850 609090
- AWARE 1890 303302

LINE MANAGER

EAP CONTACT

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The logo for TijSLA, featuring the word "TijSLA" in a bold, sans-serif font. The "Tij" is yellow and the "SLA" is blue, all set against a red background.

An Ghníomhaireacht um Leanaí agus an Teaghlach Child and Family Agency

PERSONAL LIVES



YOUR EXPERIENCE WAS A VERY PERSONAL ONE BUT THIS PAMPHLET WILL HELP YOU TO KNOW HOW OTHERS HAVE REACTED IN SIMILAR SITUATIONS. IT WILL ALSO SHOW HOW YOU CAN HELP NORMAL HEALING TO OCCUR AND AVOID SOME PITFALLS.

NORMAL FEELINGS AND EMOTIONS YOU MAY EXPERIENCE:

FEAR

- OF DAMAGE TO ONESELF AND THOSE WE LOVE
- OF BEING LEFT ALONE, OF HAVING TO LEAVE LOVED ONES
- OF "BREAKING DOWN" OR "LOSING CONTROL"
- OF A SIMILAR EVENT HAPPENING AGAIN

SADNESS

- RELATING TO DEATHS, INJURIES AND LOSSES OF EVERY KIND.

LONGING

- FOR ALL THAT HAS GONE

GUILT

- FOR BEING BETTER OFF THAN OTHERS, I.E. FOR SURVIVING, FOR NOT BEING INJURED, FOR STILL HAVING MATERIAL THINGS
- REGRETTING THINGS NOT DONE

MEMORIES

- OF FEELINGS OF LOSS
- OF LOVE FOR OTHER PEOPLE IN YOUR LIFE WHO HAVE BEEN INJURED OR PASSED AWAY

DISAPPOINTED

- ABOUT ALL THE PLANS THAT CAN NOW NEVER BE FULFILLED

SHAME

- FOR HAVING BEEN EXPOSED AS HELPLESS, EMOTIONAL AND NEEDING OTHERS
- FOR NOT HAVING REACTED AS ONE WOULD HAVE WISHED

ANGER

- AT WHAT HAPPENED, AT WHOEVER CAUSED IT OR ALLOWED IT TO HAPPEN
- AT THE INJUSTICE AND SENSELESSNESS OF IT ALL
- AT THE SHAME AND INDIGNITIES
- AT THE LACK OF PROPER UNDERSTANDING BY OTHERS AND THEIR INEFFICIENCIES
- THAT THIS HAS HAPPENED TO YOU

HOPE

- FOR THE FUTURE AND BETTER TIMES

EVERYONE MAY HAVE THESE FEELINGS. EXPERIENCE HAS SHOWN THAT THEY MAY VARY IN INTENSITY ACCORDING TO CIRCUMSTANCE. NATURE HEALS THROUGH ALLOWING THESE FEELINGS TO COME OUT. THIS WILL NOT LEAD TO LOSS OF CONTROL, BUT STOPPING THESE FEELINGS MAY LEAD TO OTHER AND POSSIBLY MORE COMPLICATED PROBLEMS.

DO REMEMBER, CRYING CAN GIVE RELIEF.

PHYSICAL AND MENTAL SENSATIONS

SOME COMMON SENSATIONS ARE TIREDNESS, SLEEPLESSNESS, BAD DREAMS, FUZZINESS OF THE MIND INCLUDING LOSS OF MEMORY AND CONCENTRATION, DIZZINESS, PALPITATIONS, SHAKES, DIFFICULTY IN BREATHING, CHOKING IN THE THROAT AND CHEST, NAUSEA, DIARRHOEA, MUSCULAR TENSION WHICH MAY LEAD TO PAIN, E.G. HEADACHES, NECK AND BACKACHES, ABDOMINAL PAIN/TUMMY ACHE, MENSTRUAL DISORDERS, CHANGE IN SEXUAL INTEREST.

NUMBNESS

YOUR MIND MAY ALLOW THE MISFORTUNE TO BE FELT ONLY SLOWLY. AT FIRST YOU MAY FEEL NUMB. THE EVENT MAY SEEM UNREAL, LIKE A DREAM, SOMETHING THAT HAS NOT REALLY HAPPENED. PEOPLE OFTEN SEE THIS WRONGLY EITHER AS "BEING STRONG" OR "UNCARING".

ACTIVITY

HELPING OTHERS MAY GIVE YOU SOME RELIEF.

REALITY

FACING THE REALITY, BY ATTENDING FUNERALS, INSPECTING LOSSES, RETURNING TO THE SCENE, WILL HELP YOU TO COME TO TERMS WITH THE EVENT.

AS YOU ALLOW THE DISASTER MORE INTO YOUR MIND, THERE IS A NEED TO THINK ABOUT IT, TO TALK ABOUT IT AND AT NIGHT TO DREAM ABOUT IT OVER AND OVER AGAIN. CHILDREN MAY NEED TO PLAY AND DRAW ABOUT THE EVENT.

SUPPORT

IT CAN BE A RELIEF TO RECEIVE PHYSICAL AND EMOTIONAL SUPPORT FROM OTHERS. SHARING WITH OTHERS WHO HAVE HAD SIMILAR EXPERIENCES CAN HELP.

PRIVACY

IN ORDER TO DEAL WITH FEELINGS, YOU MAY FIND IT NECESSARY AT TIMES TO BE ALONE, OR JUST WITH FAMILY AND CLOSE FRIENDS.

FAMILY AND SOCIAL RELATIONSHIPS

NEW FRIENDSHIPS AND RELATIONSHIPS MAY DEVELOP. ON THE OTHER HAND, STRAINS IN EXISTING RELATIONSHIPS MAY APPEAR. THE GOOD FEELINGS IN GIVING AND RECEIVING MAY BE REPLACED BY CONFLICT. YOU MAY FEEL THAT TOO FEW THINGS, OR THE WRONG THINGS ARE OFFERED, OR THAT YOU CANNOT GIVE AS MUCH AS IS EXPECTED. ACCIDENTS ARE MORE FREQUENT AFTER SEVERE STRESS. ALCOHOL AND DRUG INTAKE MAY INCREASE DUE TO THE EXTRA TENSION.