



# Recover

## Healing after an act of violence

Acts of violence can affect people in different ways. Your own experiences and values can affect your response. It may help to know that many common reactions fade over time.

### **Shock, insecurity, fear and vulnerability**

Many people believe the world to be safe and predictable. But when violence occurs, you can lose your sense of safety. You may feel at risk and fearful. That can leave you feeling on the alert at all times. You may check and recheck door locks, peer through blinds, want family members to stay close or listen for the noise of an intruder. It can take time to rebuild your sense of trust in your safety.

### **Anger and revenge**

It's normal to experience anger and perhaps even a desire for revenge in response to violence. These feelings may surface as you work through the healing process. They fade over time.

### **Past trauma**

A violent act can trigger thoughts of past trauma. This can enhance your fear and other feelings. If you were going through a stressful time before the event, it can further heighten your stress and reactions. And dealing with past trauma can limit the energy you have available to cope with this new trauma.

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## Emotional land mines

Emotional land mines are those events, sounds or even smells that can cause you to recall a trauma. Seeing the victim's picture or name, seeing items that might be linked with the incident or hearing sounds similar to those heard during the trauma are all examples of land mines.

Emotional land mines can bring on intense feelings. The first few months may bring on the most land mines. Though they tend to taper off as time passes, some may take years to surface. Those land mines may be caused by an anniversary of the event or perhaps by learning of a similar incident.

## Signs of stress

These might include:

- Poor sleep
- Lack of appetite or overeating
- Not being able to focus
- Headaches or backaches
- Constant thoughts about the incident

## Signs of post-traumatic stress

These include emotional and physical responses. Often, survivors or those who saw a violent act can feel stuck in the trauma. They may have:

- Frequent memories
- Flashbacks
- Nightmares
- Insomnia
- Depression
- Loss of interest in friends or family
- Survivor guilt
- Guilt over not being able to control emotions
- Irritability or jumpiness

If you or someone you know is healing after an act of violence, it can help to find a local or online support group. It can also help to speak with a professional counselor.

You and your household members don't have to heal alone. We're here for you, day and night. Simply call us or go online for free, confidential support.



## The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. There may be other explanations for any or all of the above [behaviors/ characteristics/ symptoms]. This information is not a complete list of all signs concerning such [behaviors/ characteristics/ symptoms] and should not be used as a stand-alone instrument. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living.

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