



## Coping Skills Do's & Don'ts

### DO

- Get adequate rest.
- Maintain a good diet and exercise.
- Be good to yourself and schedule time for leisure activities.
- Try to maintain your regular schedule but recognize you may not always follow through.
- Share your feelings with friends and family members who can be supportive.
- Remember, the event may preoccupy your mind.
- Contact your EAP if you need additional assistance or information about trauma.

### DON'T

- Abuse alcohol or drugs to block out the painful memories.
- Isolate yourself from friends, co-workers and family.
- Stay away from work.
- Set a time line for recovery.
- Expect a complex problem to have a simple solution.
- Make major life changes or decisions at this time.
- Be hard on yourself or others.

Contact the Aurora EAP for help 24 Hours a Day, 7 Days a Week



[www.Aurora.org/EAP](http://www.Aurora.org/EAP)

1 (800) 236-3231