

# Processing the experience:

- **Re-establish** a sense of safety. Remind yourself that your experiences are normal responses to a stressful situation. Reassure yourself that the traumatic event has passed, that you are safe now
- **Processing your thoughts.** Experiencing flashbacks or seeing mental imagery of the event is not uncommon. It is important to remember that these thoughts are temporary and will reduce overtime; it is your brain's way of processing the stressful event
- **Take time.** Recovery takes time. Recognise that you need time and space to make sense of what happened
- **Connect with others.** Spend time with people who care about you. It can be comforting to know you are not alone. Lived Experience Support Groups may exist in your local area, contact **StandBy** for more information
- **Allow yourself to feel a range of emotions.** It is okay to feel the full range of your emotions; from anger, rage, guilt, sadness and feeling alone. It is also okay to laugh, feel joy and feel gratefulness
- **Self-care.** Try to maintain regular eating and sleeping patterns. Take time to do activities that you enjoy
- **If negative experiences increase or persist, it may be helpful to speak with your health professional. Example, your doctor or a psychologist**

## Support Idea!

Information on this page might be a useful to provide as handouts to those impacted.

Resources are available to download and print at [www.standbysupport.com.au/resources/](http://www.standbysupport.com.au/resources/)



This mini resource is part of the **StandBy** Support After Suicide Toolkit: Postvention Response for Site Owners and Leadership. For more information or to download the full toolkit [www.standbysupport.com.au/resources/](http://www.standbysupport.com.au/resources/)

**StandBy** – an initiative funded by the Australian Government

[www.standbysupport.com.au](http://www.standbysupport.com.au)

