

After A Crisis

- 1) Emotions are *real* and they are *valid*. Humans are more feeling creatures than thinking creatures. We feel BEFORE we think. This is information from our brains and bodies that we should attend to.
- 2) Emotions may be *real* but they may not always be *reality*. Our brains and bodies don't discriminate well, therefore we can sometimes stay on high alert when danger has passed. If we honor those emotional responses, however, rather than fighting them, we are more likely to achieve the healing we desire.
- 3) *Healing takes time*. It takes several months to reestablish equilibrium after a traumatic event or crisis. Individuals who suffer PTSD often did not have the opportunity to properly heal in those first days, weeks, and months. Therefore, doing so is very important to your longer term mental health.
- 4) Humans are storytelling creatures. Our fundamental human drives are to eat, sleep, and tell stories. We even tell stories in our sleep...we call it dreaming! Part of your healing process *may* include a need to share your story and find a way to integrate it into your life. Or *maybe not*. There is plenty of research that shows that people heal without sharing a trauma narrative. They learn skills to manage the intrusion of these stories in their present and future, but they don't have a need to unpack their stories to move on.
- 5) Not everything that happens has a greater meaning. And not everything you go through should be trivialized with a "brighter perspective." *Pretending things are not as bad as they seem does a disservice to your grief and loss experience*. And bypasses the work that needs to be done for true healing. Awful and *meaningless* things happen. And we don't deserve bad things. And bad things are not sent to us to teach us a greater lesson. We may learn a greater lesson or grow from our grief experiences, and those experience may become part of our healing process. But there was no karmic intent in the crisis itself. Which means you are not a failure if they are NOT part of your healing process.
- 6) As long as you continue to fight for yourself, your healing, and your wellness *you are doing this right*. Your methods may be different, and your timeline may be different, but you know yourself better than anyone. Listen to that inner part of yourself that is fighting for the future.

Crisis, Terrorism, and Disaster Mental Health Resource

Crisis and Post-Crisis Intervention and Support Tools For First Responders and Engaged Citizens:

[Psychological First Aid Online Training](#)

[ASK About Suicide To Save A Life Online Training](#)

[Psychological First Aid for First Responders](#)

[SAMHSA Behavioral Health Disaster Response Mobile App](#)

[SAMHSA's Disaster Kit](#)

Crisis and Post-Crisis Intervention and Support Tools For Clinicians:

[Critical Incident Stress Debriefing](#)

[The Components of a Critical Incident Stress Debriefing](#)

[Core Elements To Responding To Mental Health Crisis](#) (wonderful information when working with individuals who live with mental health issues and then experience a crisis)

[Mental Health Response to Mass Violence and Terrorism: A Training Manual](#)

[Skills For Psychological Recovery](#) (online training for crisis survivors)

Further Resources:

[Post Disaster Psychological Intervention Since 9/11](#) (article)

[Disaster Resource Network](#) (information clearinghouse)

[The Icarus Project](#) (a peer support network outside of the traditional mental health recovery system for individuals who identify as having a mental health need)

[Mental Health Consumers and Representatives of the Disaster Response Community in Dialogue](#) (report)

[Psychosocial Issues for Children and Adolescents in Disasters](#) (report)

[Responding to Terrorism Victims: Oklahoma City and Beyond](#) (report)