

APPENDIX 12

WAYS TO HELP YOU THROUGH THIS DIFFICULT TIME

Reach out – remember there are a lot of people who care about you.

Talk to your friends, family and teachers - talking is the most healing medicine.

You may still be experiencing some strong emotional or physical reactions. There is no 'right' or 'wrong' way to feel but here is a list of difficulties that people sometimes experience following such an event. If you are not feeling any of these, that is ok too.

If your feelings and reactions seem different from those of your friends, remember everyone reacts differently.

FEELINGS

Fear	Mood swings
Guilt	Shock
Shame	Yearning
Regret	Numbness
Anger	Confusion
Tearfulness	Isolation
Loneliness	Insecurity
Anxiety	

BEHAVIOURAL

- Nightmares
- Social withdrawal
- Over reliance on use of social media
- Irritability
- Loss of concentration Forgetfulness
- Physical/Verbal aggression
- Misuse of drugs, including alcohol

PHYSICAL

- Tiredness
- Sleeplessness
- Headaches
- Stomach Problems Bowel/Bladder problems
- Loss or increase in appetite

THOUGHTS

- Disbelief
- Denial
- Sense of unreality
- Preoccupation with images of the event/person

- Remember it's ok to cry
- There may be a temptation to try to numb feelings with alcohol or drugs, this complicates things rather than bringing relief
- Recurring thoughts, dreams or nightmare are normal – don't try to fight them – they'll decrease over time and become less painful
- Spend time with people who have a positive influence on you
- Spend time with your family, they are there to support you through this difficult time
- Make a special effort to take care of yourself during this time. Try to get some extra sleep, eat nutritious foods and get some exercise, even if it is just a walk
- Sticking to your "normal" routine helps. Structure your time – keep busy
- Do something you enjoy. Think about something that makes you feel good, then make it happen – like going to the cinema, listening to music, going for walks, doing sports, going to the gym
- It is ok to laugh. It is ok to have fun. Laughter is good medicine
- Watch a funny movie. A new study has found that watching cute cat videos and looking at their online pictures can boost energy levels, increase feelings of happiness and provide stress relief
- You need to allow yourself time to deal with this and recover. Be patient with yourself
- If you are feeling low or having a difficult time, ask for help, you can talk to your form teacher, your year head, the chaplain, the guidance counsellor or any member of staff that you feel comfortable with. You can also talk to your parents or to a professional outside of the school
- Good websites: spunout.ie; www.youth.ie; www.reachout.com.au
- Remember you will get through this difficult time and we are here to help if you need support. Take care of yourself and look out for each other