

Fraternal Order of Police, of Ohio, Inc.

Critical Incident Response Service

Mike Haley, CTR, Program Director
222 East Town Street,
Columbus, Ohio 43215

1-800-367-6524 in Ohio
1-614-224-5700
mhaley@fopohio.org

Within the First 24-48 Hours

- * Periods of strenuous physical exercise, alternated with relaxation will alleviate some of the physical reaction.
- * Structure your time - keep busy.
- * You're normal and having normal reaction - don't label yourself crazy.
- * Talk to people - talk is the most healing medicine.
- * Be **aware of numbing the** pain with overuse of drugs or alcohol, you don't need to complicate this with a substance abuse problem.
- * Reach out - people do care.
- * Maintain as normal a schedule as possible.
- * Spend time with others.
- * Help your co-workers as much as possible by sharing feelings and checking out how they are doing.
- * Give yourself permission to feel rotten and share your feeling with others.
- * Keep a journal; write your way through the sleepless hours.
- * Do things that feel good to you.
- * Realize those around you are under stress.
- * **Don't make any big life changes.**
- * Do make as many daily decision as possible which will give you a feeling of control over your life, if someone asks you what to eat-answer them even if you're not sure.
- * Get plenty of rest.
- * Reoccurring thoughts, dreams or flashbacks are normal - don't try to fight them - they'll decrease over time and become less painful.
- * Eat well-balanced and regular meals (even if you don't feel like it).