

Helping Others Deal with Trauma



Be patient.

Healing from trauma takes time. Be patient and understanding with the pace of recovery and remember that everyone's response to trauma is different. Don't judge one's reaction against your own response or anyone else's.

Offer support.

Offer practical support to help survivors of trauma get back into a normal routine. That may mean helping with collecting groceries or doing housework, for example, or simply being available to talk or listen.



Be there to listen.

Don't pressure them into talking but be available if they want to talk. Some trauma survivors find it difficult to talk about what happened. Don't force them to open up but let them know you are there to listen if they want to talk, or available to just hang out if they don't.

Be there to socialize.

Help trauma survivors to socialize and relax. Encourage them to participate in physical exercise, seek out friends, and pursue hobbies and other activities that bring them pleasure. Take a fitness class together or set a regular lunch date with friends.

Don't be offended.

Don't take the symptoms of trauma personally. Survivors may become angry, irritable, withdrawn or emotionally distant. Remember that these symptoms are a result of the trauma and may not have anything to do with you or your relationship.