



German Speaking Emergency Pastoral Care
in Korea



Recommendations for dealing with stressful events

Many people notice that they have **strong reactions and feelings** after a particularly stressful experience.

That is how you might feel:

helpless - disoriented - incapacitated

- You don't feel yourself.
- You are exhausted, nervous, sweaty or freezing
- You cannot concentrate
- You suffer from stressful images and memories, nightmares and sleep disorders...

These types of reactions are completely normal after experiencing an unusually stressful event. They usually subside after a few days or weeks.

You can help yourself in these ways:

Allow yourself rest periods. Do something that you usually enjoy. Take yourself and your feelings seriously and pay attention to what or who you need.

Give yourself time. Talk to people you trust.

Try to resume your usual routine.

Get further professional help,

for example from a family doctor, a pastor or a psychological counselling centre. This is especially important if you feel physically or mentally impaired for more than four weeks and you feel like there is no improvement.

You can assist as relatives or friends

Show understanding for your family and friends and make them feel like they are not alone. Take the time and listen to them if they want to talk about the experience.

Support affected persons with practical, organisational matters. Help them find their way back to their everyday life.

presented by:

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