

- **Stay connected to other people.** You may feel like you want to withdraw from others. However support from others is a key factor in recovery. Make an effort to maintain your relationships and avoid spending too much time alone. Plan to do enjoyable things with other people as well.
- **Ask for and give support.** It's important to talk about your feelings and ask for the help you need. Talk with colleagues, friends and family. You may also want to access professional support. Helping others will help you feel good and enhance your sense of control.
- **Establish a daily routine.** In order to stay grounded after a trauma, it helps to have a structured schedule to

- Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.
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