

# IN THE AFTERMATH OF TRAUMA



## Preparing for One-Year Events

As the one year mark of the Pulse Nightclub Event approaches, you may find that you are feeling more distressed, have trouble sleeping or eating, or find that you are thinking about the event a lot. Traumatic events are stored as powerful memories in our brain, and when those memories are activated, they have the power to affect our feelings and behavior, even years later.

## WHAT SYMPTOMS MIGHT YOU FEEL?



FEELING KEYED UP



FEELING NEGATIVE OR SAD



RELIVING THE EVENT



AVOIDANCE

## WHAT CAN YOU DO?



### FEELING KEYED UP OR ANXIOUS

Try some deep breathing. Inhale slowly through your nose (count slowly to 5) and fill your lungs down to your stomach. Exhale slowly through your mouth (count slowly to 5). Do this 5 times and as often as you need. If you have a smartphone, download the free app "Calm."



### DIFFICULTY SLEEPING

Go to bed at the same time each night. Try not to nap after 4:00 pm. Do not drink caffeinated beverages in the evening.



### USING ALCOHOL / DRUGS TO SLEEP

Alcohol will not help you sleep better; passing out is not sleeping. Alcohol will interfere with the natural sleep process.



### ENCOUNTERING REMINDERS OF THE EVENT

People, places, sounds or smells may trigger reminders of the traumatic event. Watching news coverage may trigger thoughts or emotions related to the event. Public commemorative events may provide comfort, or they could increase distress. Do not feel forced to attend memorial events. Honor the memory of the people you lost in the way that works best for you.

## IN THE AFTERMATH OF **TRAUMA**

### Preparing for One-Year Events

#### Coping with Reactions to the Pulse Nightclub Event One- year Mark?

As the one year mark of this event approaches, you may find that you are feeling more distressed, have trouble sleeping or eating, or find that you are thinking about the event a lot.

Traumatic events are stored as powerful memories in our brain, and when those memories are activated, they have the power to affect our feelings and behavior, even years later.

News coverage about the one year mark or memorial events may also serve as a trigger for unpleasant feelings.

There is no right or wrong reaction to a one year mark date. Everyone grieves and heals differently. Do what feels right for you.

**If you feel distress,  
reach out for help.**  
**24/7 services available by  
calling (407) 500-HOPE**

#### What Symptoms Might You Feel?

##### Feeling Keyed Up

You may feel anxious, fearful or unable to relax. You may find that you startle easily, you cannot sleep, have trouble eating or you get angry quickly.

##### Feeling Negative or Sad

You may feel sad or cry thinking about who or what you lost or how things have changed. It may be hard to talk to family or friends.

##### Reliving The Event

You may find yourself suddenly feeling as if the event were happening again. Things that remind you of the trauma, sometimes called triggers, may cause you to feel as if you were living it again.

##### Avoidance

You may find that you are avoiding, or want to avoid, anything that reminds you of the event. This could include places, people, sounds or smells. This is a perfectly normal reaction.

#### What Can You Do?

##### Feeling keyed up or anxious

Try some deep breathing. Inhale slowly through your nose (count slowly to 5) and fill your lungs down to your stomach. Exhale slowly through your mouth (count slowly to 5). Do this 5 times and as often as you need. If you have a smartphone, download the free app "Calm".

##### Difficulty sleeping

Go to bed at the same time each night. Try not to nap after 4:00 pm. Do not drink caffeinated beverages in the evening.

##### Using alcohol /drugs to sleep

Alcohol will not help you sleep better; passing out is not sleeping. Alcohol will interfere with the natural sleep process.

##### Encountering reminders of the event

People, places, sounds or smells may trigger reminders of the traumatic event. Watching news coverage may trigger thoughts or emotions related to the event. Public commemorative events may provide comfort or they could increase distress. Do not feel forced to attend memorial events. Honor the memory of the people you lost in the way that works best for you.

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## RESOURCES AVAILABLE:

It is okay to reach out for help! Please call one of these numbers if you need immediate culturally and linguistic competent mental health counselors.

**ASPIRE Health Partners 407-245-0045**  
**Hispanic Family Counseling 407-382-9079**  
**Two Spirit Health Services 407-963-5664**

**UCF Restores 407-823-3910**  
**Park Place Behavioral Health Care 407-846-0023**

Visit our website for other resources: [www.OrlandoUnitedAssistanceCenter.org](http://www.OrlandoUnitedAssistanceCenter.org)

## DESPUÉS DEL TRAUMA

### Preparámonos Para los Eventos de la Fecha que Marca un Año Después de Pulse

#### ¿Lidiando con Reacciones al Evento del Club Pulse?

A medida que la fecha que marca un año después de este evento se acerca, puedes notar que te sientes más perturbado (a), tienes dificultad durmiendo o comiendo, o notas que estás nuevamente pensando mucho en el evento.

La fecha que marca un año después de un trauma puede activar una memoria del hecho en sí. Cobertura de los medios de comunicación acerca de la fecha que marca un año después o de los eventos de conmemoración también pueden activar sentimientos desagradables. Los eventos traumáticos son almacenados en nuestro cerebro como memorias poderosas, y cuando esas memorias son activadas, tienen el poder de afectar el comportamiento de nuestros sentimientos, incluso años más tarde.

**Si sientes angustia,  
Busca ayuda.**

**24/7 services available by  
calling (407) 500-HOPE**

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#### ¿Qué Síntomas Podrías Sentir en la fecha que marca un año después del Evento?

##### **Sentirse nervios**

Tal vez te sientas ansioso (a), temeroso (a), incapaz de relajarte. Tal vez sientas que te sobresaltas fácilmente, que no puedes dormir, o que te enfureces rápidamente.

##### **Sentirse negativo (a) o triste**

Tal vez te sientas triste o llores pensando en quién o qué perdiste o cómo han cambiado las cosas. Tal vez sea difícil hablar con familia o amigos (as).

##### **Reviviendo el evento**

Tal vez sientas repentinamente como si el evento estuviera sucediendo otra vez. Cosas (algunas veces llamadas desencadenantes) que te recuerdan el trauma, te pueden hacer sentir como si lo estuvieras viviendo otra vez.

##### **Evasión**

Tal vez sientas que estás evadiendo, o quieres evadir, cualquier cosa que te recuerde del evento. Esto puede incluir lugares o personas o hasta sonidos u olores.

#### ¿Qué Puedes Hacer?

##### **Sintiéndose nervioso (a) o ansioso (a)**

Intenta la respiración profunda. Inhala lentamente por la nariz (cuenta lentamente hasta 5) y llena tus pulmones hasta llegar a tu estómago. Exhala lentamente por tu boca (cuenta lentamente hasta 5). Haz esto 5 veces y tan frecuentemente como lo necesites. Si tienes un teléfono inteligente, baja la aplicación gratis llamada "Calm".

##### **Dificultad durmiendo**

Acuéstate a dormir a la misma hora todas las noches. Trata de no tomar siestas después de las 4:00pm. No tomes bebidas con cafeína en la noche.

##### **Usando alcohol / drogas para dormir o sentirte mejor**

El alcohol no te ayuda a dormir mejor; perder el sentido no es dormir. El alcohol interferirá con el proceso natural del sueño.

##### **Encontrando recordatorios del evento**

Gente, lugares, sonidos, olores, pueden activar memorias del evento traumático. El ver coberturas de los noticieros puede activar pensamientos o emociones relacionados con el evento. Eventos públicos de conmemoración podrían proveer alivio o pueden incrementar la angustia. No te sientas forzado (a) a asistir a eventos de conmemoración. Honra la memoria de las personas que perdiste de la forma que mejor funcione para ti. Hay varias formas de hacer un luto... y de sanar.

**RECURSOS DISPONIBLES:** ¡Está bien pedir ayuda! Por favor llama a uno de estos números si necesitas consejeros inmediatos de salud mental que son competentes cultural y lingüísticamente.

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