



## **Traumatic Stress: When One Moment Changes Everything** by award-winning author / stress-relief expert Susie Mantell

**It takes great courage to get up one more time** -- to keep on hoping, after your spirit has been shaken to its core. In the blink of an eye, your world as you know it was forever changed, and more challenges lie ahead. Over the years, clients finding their ways back from trauma have taught me much about hope. My wish is that you will find some here.

**In nearby cities and far-off villages the world over**, people of disparate faiths, creeds, colors, and belief systems grieve unspeakable losses. They grieve for loved ones, and for abrupt endings, unspeakable events, or a way life they have cherished but that is no more. Healing is an inside job. In time, each person will come to a place where it is time to begin again. Everything has changed, and still we live on. But how?

**In the case of natural or man-made disasters**, loved ones and friends, world leaders and clergy, healthcare professionals, commentators, you and I all help in whatever ways we can. Hearts overflow with admiration and gratitude for heroes we've never met, who live and die for the rights and safety of others. Ultimately, how you cope, how events change you and strengthen you, how they clarify your values and courage and influence your choices in life --those are to you. 'Curing' may come in bottles. Healing comes largely from within.

### **Following a Traumatic Event: Growing "Strong in the Broken Place"**

Following any catastrophic event, one reality has been shattered, but we will heal into a new form. We don't need to know how or what that will ultimately look like. It is what people do -- one-breath-at-a-time at first, then one hour, then one day, and so on. Everything has changed -- everything except the love we've known, the good we can do, the compassion and faith and courage that can unite disparate peoples of the earth who ask "What do I really value, and what am I willing to sacrifice?" After the horrific events of 9/11, did you notice how many people seemed more patient? More understanding? More willing to extend a hand? As you seek balance, you may vacillate between numbness and times of feeling perfectly normal. One moment you are sorting socks, then weeping the next. Now is a good time to review lots of beneficial stress-reduction strategies. You'll find dozens of suggestions on the "Tips" pages on my website: [www.relaxintuit.com](http://www.relaxintuit.com)

### **A Brief Sampling:**

#### 1. "Coping With the Stress of Terrorism & Recent Global Events"

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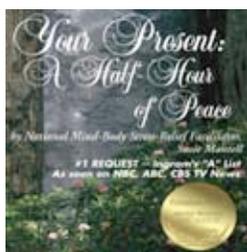
2. "Helping Children Cope with Stress"
3. "70 Ways to Feel Really Good...Fast!"
4. "Coping with Loss"
5. "Simple Soothers"
6. "Sleepless in...Wherever?"

**As Hemingway said, "Life breaks us all, and afterward, many are strong at the broken places."**

Allow yourself to process all that has transpired in ways that are personally comforting and that help you to move forward. Some may avoid The News altogether, others are glued to the TV. One person is unable to sleep, while another sleeps more than usual. We may over or under-eat, seek contact or pull inside. The same person may do all those things. Give yourself permission to find your way, and create opportunities for yourself to reach out to be of comfort or assistance to others.

*"Giving is a very good criterion of a person's mental health.  
Generous people are rarely mentally ill people." -Karl A. Menninger, M. D.*

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##END OF THIS TIP##