

# For You (or someone you care about) In Crisis

<https://crisissupportsolutions.com/for-you-or-someone-you-care-about-in-crisis/>

People who experience a powerful, personal and unexpected tragedy often say they feel like they're going "crazy". Up is down. Left is right. Suddenly, the world seems backwards and nothing makes sense. To that we say, [you're not crazy...you're in crisis](#). Surviving a tragedy naturally leaves us feeling disoriented, confused, uncertain, disconnected and more.

Here are some other expected reactions following an unexpected event:

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| Distorted, confused / disoriented thinking   | "Herding" / gathering with family, friends or others involved           |
| Difficulty concentrating, focusing, recalling or remembering                         | Impulsive, wanting adrenaline "rush", risk-taking behaviors             |
| Preoccupation, "obsession" / rumination with event                                   | Not interested in appearance, diminished personal hygiene               |
| Not fully grasping cause-and-effect / consequences or determining potential outcomes | Disinterest in usually enjoyable people, places and things              |
| Feeling "not safe", threatened, fearful, panicked                                    | "Crisis of Faith" in God (Higher Power), self and world around you      |
| Easily irritable, quick to anger, lacking patience                                   | Trouble digesting, GI distress, upset stomach                           |
| Child-like emotions, mood swings, outbursts, lacking impulse-control                 | Muscle aches / tension, headaches                                       |
| Sadness, uncontrollable crying (or shutdown )  | Heaviness in chest, elevated blood pressure (recommended medical check) |
| Disrupted sleep, regular routine, eating, etc.                                       | Trouble getting to sleep / staying asleep, fatigue, tired               |

At this point, it's natural to ask: how long will I *be* in crisis? Answer: the more unexpected, personal, powerful and overwhelming the event, the longer it will take to feel like *you* again.

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Similar to grief, there is no *going around* a crisis – you just have to go through it. The ground will return under your feet. The world will make sense again. You will return to “normal”.

**It may not be for a little while...but it will. This is for now, not forever.**

Due to the unexpected tragedy, you may feel powerless and lacking control. But, feelings are not facts. You have the power to make decisions. You have control over your choices. During this difficult time, choose to care for yourself - and receive care and support from those you trust.

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| Stay hydrated<br>(with water)                      | Stay active /<br>burn energy                    | Explore options                                   | Ask for help when<br>needed                       |
| Talk with people<br>you trust                      | Limit alcohol<br>(depressant)                   | Eat - your body<br>needs fuel                     | Not every thought<br>is true                      |
| Seek forgiveness /<br>make amends<br>(when needed) | Don't make major,<br>life-changing<br>decisions | Don't mistake who<br>you are with how<br>you feel | Do not assume<br>someone else's<br>responsibility |
| Keep routine                                       | Take meds as<br>prescribed                      | Limit caffeine<br>(stimulant)                     | One step at a time                                |
| Quiet racing<br>thoughts & sleep                   | Breathe deeply<br>Breathe often                 | Be patient with<br>you (and others)               | Repeat often: “I<br>am NOT broken”                |

We know that feeling of crisis because we've been there ourselves. As you care for you (and others), you may find need for additional support. There are people who love and care about you - and are wanting to hear from you. Reach out to a peer, clergy / chaplain, advocate, Employee Assistance Program (EAP) / mental health professional, medical professional, etc. for additional care.

|                                 |                |
|---------------------------------|----------------|
| Someone I can call for support: | Contact Info.: |
|                                 |                |

This handout provided by: \_\_\_\_\_