

friends, or a support group. Talking about the traumatic event can help individuals process their emotions and feel less alone in their experience.

3. Practice Relaxation Techniques: Relaxation techniques such as deep breathing, meditation, or yoga can help reduce stress and anxiety and improve mood.
4. Engage in Physical Activity: Regular exercise can help improve mood and reduce symptoms of traumatic stress. Exercise also helps individuals feel more in control of their bodies and can improve self-esteem.
5. Engage in Self-Care: Taking care of oneself can help reduce stress and improve mood. This can include getting enough sleep, eating a healthy diet, and avoiding drugs and alcohol.
6. Practice Mindfulness: Mindfulness involves being present in the moment and accepting one's thoughts and feelings without judgment. Practicing mindfulness can help individuals manage symptoms of traumatic stress and improve overall well-being.

It is important to note that healing from traumatic stress takes time, and there is no one-size-fits-all approach. It is important to work with a qualified healthcare professional to develop an individualized treatment plan that meets one's needs (Prigerson et al. 2001).

CONCLUSION

Traumatic stress can be a challenging experience, but

there are several strategies that individuals can use to manage symptoms and begin the healing process. Seeking professional help, connecting with supportive people, practicing relaxation techniques, engaging in physical activity, practicing self-care, and practicing mindfulness are all effective strategies for managing traumatic stress. With time and support, individuals can learn to manage their symptoms and begin to heal.

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