

DRUMLANE GAA CLUB

Critical Action Response Plan



Critical Incident Management Team (CIMT)

CLUB: Drumlane GAA Club

LEAD LIASION PERSON

Brian Seagrave (Cathaoirleach)

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ALTERNATIVE LIAISON PERSON

Michael Gilmartin (Runai)

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Email: mgilmar2011@gmail.com

SUPPORT TEAM

NAME: Conor Lunney (Club PRO) 0876228077

NAME:

NAME:

Base Of Critical Incident Management Team:

Drumlane GAA Club, O'Connell Park, Milltown, Co. Cavan

Key Role: _____

Consult with the club member/family concerned to establish if any support is required from club officials.

Key Duties:

Ensure that the club member/family has information on any local appropriate support services available.



Introduction:

A critical incident is any event that is outside the range of usual human experience. It is an event that causes an unusually intense stress reaction which has the emotional power to overwhelm an individual's usual ability to cope. It may impede people's coping mechanisms immediately or in the future following the event. (GPA/GAA guidelines, 2014.)

The GAA, its clubs, counties, and all other units, provide great support during and after all manner of incidents that may have traumatic or tragic consequences for members and their communities. This natural response, which may include providing a comforting place for those affected to come together in the club house, arranging stewarding around a wake house or providing a guard of honour – usually requiring no external expertise or input. Nonetheless, it has been identified as an invaluable support to those involved. However, some situations can overwhelm even the most experienced and well prepared GAA officers and units. This plan is designed to offer some assurance about what steps to take in such situations, while also highlighting that other support services – both within the GAA and external to it – are available should they be needed. All it takes is a phone call. That reassurance can be invaluable in times of stress.

Examples of critical incidents may include:

- Death or serious injury on or off the playing field
- Exposure to the aftermath of a road traffic accident e.g. the accident scene, the victim(s)
- Personal loss or injury, real or threatened to a child or adult
- Being violently threatened
- Close encounter with death
- Suicide of a club member (this tragic situation can cause extreme distress and confusion for everyone involved. Guidelines developed by professional services highlighting the most appropriate responses following a death by suicide by sporting organisations are available. Some of this information has been included in a special section on suicide in the Appendix section of this plan.)
- A situation with excessive media interest
- A natural disaster or act of God
- Other incidents not covered above but which are associated with unusually strong emotional reactions.

USEFUL GAA CONTACTS

CONTACT	CONTACT PERSON	CONTACT DETAILS
Club Chairperson	Brian Seagrave	087 9179043
Club Vice Chairperson	Kevin Fay	087 2734900
Club Children's Officer	Hugh Fitzpatrick	087 2565368
	Shauna Gaffney	087 7436538
Club PRO	Conor Lunney	087 6228077
County Health & Wellbeing Chairperson	Tony Ryan	086 8283500
County Children's Officer	Anne Fortune	087 9874758
County PRO	Susan Brady	087 7959999
National Children's Officer (Croke Park)	Gearoid O'Maoilmhichil	01 8363222
Community & Health Manager (Croke Park)	Community.health@gaa.ie	01 8658600



USEFUL SERVICE CONTACTS IN OUR AREA

CONTACT	CONTACT PERSON	CONTACT DETAILS
Accident & Emergency		999 / 112
Bereavement Support Services	Aware Ireland Pieta House	1800 804 848 1800 247 247
Citizens Information Centre	Citizens Information	0761 075200
Gardaí	Cavan Garda Station	049 436 8800
Mental Health Services	HSE National Counselling Service	1800 234 116 harbour@hse.ie
MQI - CAMDAS (Cavan & Monaghan Drug & Alcohol Service)	Contact Zoe on 049 437 9160	info.cavan.monaghan@mqi.ie
Monaghan and Cavan Youth Substance Support (MaCYSS)	macyss@alcoholforum.org	Tel: 085 744 2857
SOSAD Cavan	sosadcavan@gmail.com	Call 049 432 6339 24 hours a day, 7 days per week
Tusla Prevention Partnership & Family Support, Cavan	Contact Antoinette	049 436 9800
ISPCC	BounceBack Youth Service – 1:1 support contact Karen.Heaslip@ispcc.ie	087 353 3070
Pieta House		01 8648899
Pieta House Crisis Counselling Service		0818 111 126 to make an appointment
HUGG - Suicide Bereavement Support	Join a HUGG group via www.hugg.ie or email support@hugg.ie	01 513 4048
Drug Abuse Advice	HSE Drug and Alcohol Helpline	1800 459 459
Focus Family Resource Centre, Killeshandra	Killeshandra Counselling Service – contact Angie or Kay on 086 609 9965 or 049 436 4065,	email focusfrc@gmail.com
Samaritans - 24/7 helpline for all ages		Tel: 116 123
Pieta House - 24/7 helpline for all ages		Tel: 1800 247 247
Crisis Text Line - 24/7 text service for young people aged 12 - 34		Text TALK to 50808
ISPCC Childline - 24/7 helpline for young people up to 18 years		Tel: 1800 66 66 66 or free text to 50101
ISPCC Teenline free 24/7 helpline for young people up to 18 years		Tel: 1800 833 634
Online Counselling & Support		www.mymind.org or www.turn2me.ie
HSE Drugs & Alcohol Helpline		Freephone: 1800 459 459
National Bereavement Support Line (Mon – Fri, 10 am – 1 pm)		Freephone: 1800 807 077



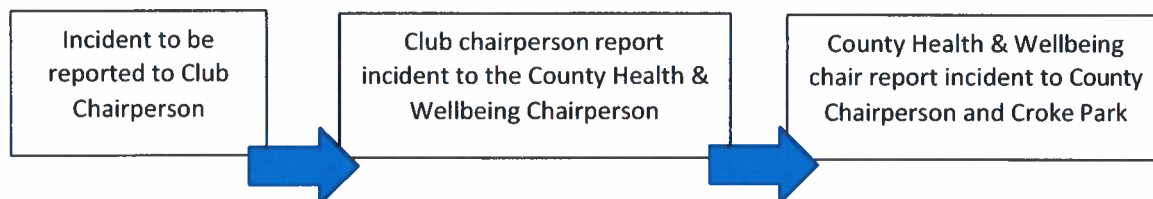
Secondary Schools:		
St Patrick's College Cavan (Principal)	Mr Christopher Rowley	049 4361888 Office
Loreto College Cavan (Principal)	Ms. A McGarvey	049 4332881 Office
Breffni College Cavan (Principal)	Mr John Crotty	049 4331735 Office
St Bricins School (Principal)	Mr David McCague	049 9522170 Office



1. What Our Club Will Do:

Recommended avenues for communicating a critical incident.

Effective lines of communication will help GAA clubs access any support they need both within the Association and external to it. When reporting or seeking support a club should contact their county health & wellbeing committee chairperson in the first instance, who will notify Croke Park if necessary.



2. Club Role in a Critical Action Plan Response:

Our role in responding to critical incidents

Experts have encouraged following these 5 Key Principles during any crisis situation or critical incident.

- A. Promote a sense of safety
- B. Promote a sense of calm
- C. Promote a sense of self-efficacy and collective efficacy (i.e. the capacity to deal with the situation)
- D. Promote connectedness
- E. Promote hope

These simple yet effective steps help support personal and collective responses to any critical incident. Abnormal events trigger normal responses that may seem alien to those experiencing them. It is important to normalise these responses. Supports are out there.





It's important to remember that the GAA will usually be just one entity playing a part in any response to a critical incident. The Figure above outlines some of the other entities that may be involved in a community response. It also highlights the importance of having the affected family or families at the centre of any plan while being consulted on all actions. Other at risk persons will be to the forefront of considerations too.

Key point – Always consult with those affected to see what level of support they want. A club may feel they are responding effectively but in some incidents, this may not be aligned with the wishes of the family.

3. Support:

Who requires our support?

In addition to the individuals directly affected, other 'at risk' persons are amongst those most likely to suffer distress because of an incident. Evidence would suggest that these may include those who:

- directly witnessed death/injury/violence as part of the incident
- are uninjured, but were at greatest risk
- are siblings of those immediately affected
- may blame themselves and/or those who may be blamed by others
- are experiencing instability at home



- have learning difficulties
- have pre-existing emotional and behavioural/mental health difficulties
- are vulnerable due to cultural and/or language difficulties
- have previously suffered bereavement or loss

4. Where to find Support:

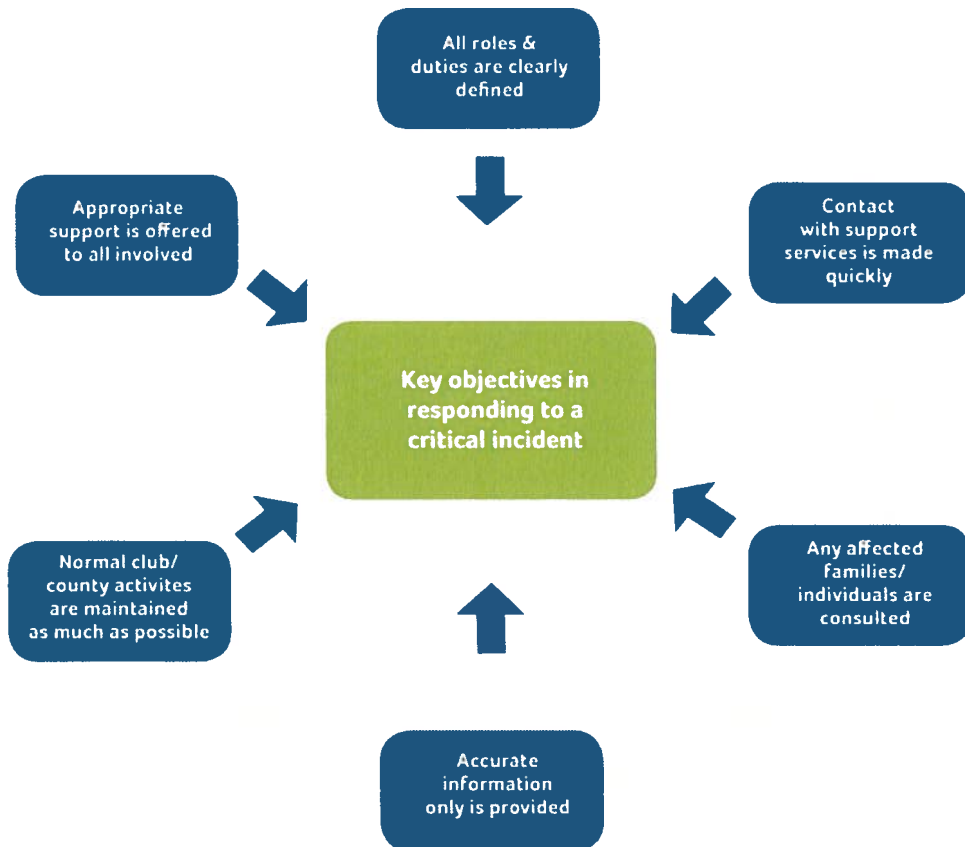
During a critical incident it is important to source help and support as quickly as possible for yourself or for anyone the club might be concerned about. If you feel you need further help and support as a consequence of being involved in a critical incident, you are advised to contact the services available.

Key Point - Remember that the role of the Drumlane GAA Club GAA club is primarily to act as a sign-posting service to the supports that are available. Boundaries should be appreciated and getting the balance between what a voluntary entity can offer as opposed to what professionals can is important.

Do not take on too much.



5. Key Objective in Responding to a Critical Incident:



By playing a part in the above continuum of care cycle our GAA club can help:

- Minimise the impact of the incident by supporting an appropriate, timely and flexible response
- Provide accurate information about the current situation to those affected and other stakeholders involved in the response
- Respond to the phased need of those affected including reassurance about normal responses to abnormal events, grief, or trauma
- Strengthen the sense of unity and the efficacy of the community response
- Offer signposting to more appropriate services as defined by need
- Support the immediate needs of the family or next of kin.



Appendix 1 – Sample Support Services letter for Club Members:



Drumlane GAA Club

Support Service for Drumlane GAA Club members

Dear Member,

We are all in shock from the untimely death of _____.

To lose a loved one like _____, a dear friend and team mate, is one of the most difficult life experiences you will have to face. When the death is sudden and tragic, _____ family and friends must cope with the sadness of their loss plus all their additional heightened feelings like confusion, questioning of self, anger and coming to terms with his death.

Should you wish to speak to someone in confidence about how you feel or if you need help or guidance to come to terms with _____ death, please call:

Samaritans, official helpline of the GAA and available 24-7, on their free-phone number 116 123 in Republic of Ireland.

The above is a confidential service available to you and we encourage you to avail of it and call, if you need to talk to someone. Equally, should you know of any of your friends or colleagues, who are struggling to come to terms with _____ death, please encourage them to call also, or talk to a loved one about their feelings.

We also ask you to keep an eye out for each other, not to be shy or embarrassed about asking for help and to talk to and support each other during what is a very difficult time for us all. If there is anything we can do to help and support you please let us know.

We will get through this tragic time together.

A handwritten signature in blue ink, appearing to read 'Pádraig', written over a horizontal line.

Chairperson,

on behalf of the Drumlane GAA Club Committee.

Phone: (insert if you feel it is appropriate for additional enquiries)



Appendix 2 – Guidelines for dealing with the Media following a Critical Incident:

Following a critical incident in which people have died, press interest in survivors and bereaved families can be intense. There are rules and standards the press should follow. All members of the press have a duty to maintain the highest professional standards. The Independent Press Standards Organisation (IPSO) is charged with enforcing the 'Editors' Code of Practice'. Individuals are under no obligation to speak to the media. If someone doesn't want to speak to them- tell them.

When speaking with the media the following are some helpful tips;

- Always make a note of the journalist's name and contact phone number at the outset
- Consider appointing somebody as a spokesperson for family - this might be a relative or friend, or your solicitor - some support groups have appointed media liaison people who will field questions on behalf of the support group
- Don't do anything in a hurry, whatever the journalist says about deadlines
- Ask what they want to talk to you about in advance
- Ask them to write down the questions they want to ask you in advance
- Give yourself time to think about what you want to say
- Write down your answers
- Ask the journalist to ring you back at a specified time
- Ask if you can see what they wish to quote from you before it goes to press - they may not do this, but it will alert them to your concerns about what they are going to publish
- Never say anything 'off the record' unless both you and the journalist have a shared understanding of what this means
- Remember that a journalist is entitled to report anything you say, so don't mistake them for counsellors or friends
- Bring the conversation to a close if you are uncomfortable

Sometimes journalists will ask for photographs of you, your loved one, and your family. You may wish to provide these but remember that you are under no obligation to do so. If you do, ensure that you have a copy and ask for the photographs and any other personal items that you pass on to be returned.



Appendix 3 – Sample Press Release/ Announcement to the media:

This can be used as a template by clubs to be emailed or given to the media. It may help to decrease the number of media calls and callers to the club. In some instances, it is not appropriate to provide names or information that might identify individuals. **This announcement will need to be changed based upon confidentiality issues, the wishes of the affected family and the nature of the incident.**



Drumlane GAA Club

Press Release from Drumlane GAA Club

My name is (Name) and I am the (Role within the club) of Drumlane GAA Club. We learned this morning of the death of (Name). This is a terrible tragedy for family, our club and our community. We are deeply saddened by these events. Our sympathy and thoughts are with (Name) family and friends.

(Name of person) was a member of Drumlane GAA club and will be greatly missed by all who knew him/her. We have been in contact with his/her parents and they have requested that we all understand their need for privacy at this difficult time. Offers of support have been pouring in and are greatly appreciated.

Our club have implemented our Critical Incident Response Plan.

The club has been open to members, to support them and to offer them advice and guidance. We would ask you to respect our privacy at this time.

Thank you.

A handwritten signature in blue ink, reading "Brian Deery", written over a horizontal line.

Chairperson,

on behalf of the Drumlane GAA Club Committee.



Appendix 4 – Good Practice guidelines following the death by suicide of a Club Member

The death by suicide of a member of a club can have a deep impact on club members, on teammates and coaches. How a club responds to a death by suicide depends on different factors including:

- How well known the person who died was to club members;
- How the club has dealt with past tragedies;
- The leadership shown by key club members; and
- Media coverage of the event.

What to do after a suicide: Do's

- 1. Acknowledge the death** - Acknowledge that a club member has died. Respect that some families may choose not to describe the death as a suicide.
- 2. Acknowledge a wide range of feelings** - Acknowledge that individuals will experience a wide range of feelings and emotions because of the death.
 - Be gentle with each other – we all grieve in different ways
 - The grieving process takes months and years not days and weeks
 - Don't blame yourself or anyone else for the death
- 3. Try to get the balance right** - Try to get the balance right between continuing to do normal activities (for example, following the funeral, go ahead with scheduled matches), but also make allowances that motivation and morale may be low among the team. Try not underestimate young people's natural ability to cope with difficult situations.
- 4. Keep an eye out for vulnerable people** - Watch out for those who are not doing well or may be at greatest risk, for example:
 - Brother and sisters of the deceased person who are also club members;
 - Close friends;
 - Teammates; and
 - Others who may be experiencing difficult life situations at the time.

Anyone who may be particularly vulnerable at this particular time may need extra support. Having access to local support services contact details is important. You can usually call on these organisations for advice. For more information on local support available in ROI you can contact your Regional Suicide Resource Officer.

- 5. Anticipate sensitive dates on the calendar**- Anticipate birthdays, holidays, anniversary dates and other celebratory events where the person's absence from the team will be most felt. Accept there will be times, such as these, when members of the club may benefit from extra support.



Don'ts

1. **Don't focus only on the positive** - Do not remember the person who died by only talking about the positive things about them. While it is important to celebrate their sporting achievements and other personal qualities, it is also crucial to talk about the loss. Openly acknowledge and discuss the pain, and heartache, as well as any difficulties the person might have been experiencing, for example mental health issues, but with any discussions also encourage individuals to seek help if they feel the need to talk to someone.
2. **Be careful how you pay respects** - Do not do things in memory of the person like:
 - Commemorative matches;
 - Number on shirts; or
 - Naming a trophy.

A Guard of Honour may be organised for other deaths. However, remember that a death by suicide differs from other deaths. Avoid any activities that glamorise or glorify suicide. The challenge is to grieve, remember and honour the deceased without unintentionally glorifying their death.

3. **Do not over-indulge** - Around the time of the funeral and immediately afterwards it is important to ask members and friends to try not to overindulge in alcohol, caffeine or other substances. They may make people more vulnerable at this time.
4. **Helpful short and medium to long-term responses** - After a death by suicide, clubs have found the following short-term and medium to long-term responses helpful.

Short-term

Right after a suicide those affected often look for the following:

Information

Clubs have found it helpful to identify what supports are available locally to provide advice, support and care at this time. As a result, many communities have developed local support cards outlining services available in the area.

Support

The first gathering of the team after the funeral, for example, the first night back at training, may be a difficult time for everyone. Coaches have found it helpful to break the team up into small groups and allow some time to talk about their deceased team member.

Coaches or team leaders may wish to prepare for this by thinking through the types of issues that they think will be raised and how best to create a safe place to discuss these matters. Coaches or team leaders should seek the help of local support services if they feel necessary. Some coaches may not feel comfortable in preparing for such a gathering.

The following topics are usually addressed:

- How to support people who are grieving at this time;
- Looking after yourself during this traumatic time; and
- What to look out for, say and do if you are worried about someone else.



Medium to long-term

The medium to long-term develop policies and procedures on suicide prevention as well as other broader areas such as drug and alcohol use. For example, the GAA has developed an Alcohol and Substance Abuse (ASAP) programme which aims to prevent alcohol and drug problems taking hold in clubs.

Policies

Clubs should develop policies and procedures on suicide prevention as well as other broader areas such as drug and alcohol use. For example, the GAA has developed an Alcohol and Substance Abuse (ASAP) programme which aims to prevent alcohol and drug problems talking hold in clubs.

Training

Clubs find it helpful to offer training and skills development to coaches and team leaders. It maybe useful to initially look at some form of resilience programmes/training that will help coaches/members. There is also the opportunity to look at putting in place suicide awareness training in the longer term.

Discovery of a suicide on club grounds

The following steps should be taken with the discovery of a suicide on sports grounds:

- Give or ask for first aid if there is any possibility the individual may be saved or resuscitated.
- Contact the emergency services immediately
- Leave the scene untouched.
- Avoid disturbing any evidence.
- Keep onlookers away.
- Write down the names of all the staff and team members who witnessed the event or discovered the suicide.
- Tell the closest relative – the Gardaí usually do this.

Suicide notes on clubhouse

Once you become aware of the existence of a suicide note, for example, a paper note or a suicide message written on a club house wall, leave it untouched and immediately tell the Gardaí. After the personal and legal needs of family and Gardaí are met, the club has to decide when and how best to remove the note. For example, one club hired a graffiti artist to work with supporters and young people to replace the note with a positive image, along with contact numbers for support services for young people.

Death by suicide of famous sports people

Deaths by suicide of high-profile or famous people can impact on members. Responsible media coverage will help to reduce this risk. Clubs should be aware of the impact an international or national sports star's death by suicide can have, especially on young people who viewed them as a role model. Extra care and supports may be needed at this time.



Appendix 5 – A Squad Session following news of a critical incident (handout for officers/coaches)

Normally, the coach/mentor who knows the players best should be the person to inform them of the events and lead the classroom session. Players, especially juvenile ones, generally feel safe and secure with someone they know. If the individual(s) feels uncomfortable with this role another club member may work with them and share the task, or outside support may be brought in. Coaches/mentors/officers should have the opportunity to opt out of this work if they feel unable to handle it and other arrangements should be made for the squad/group of players.

The aim of the session is to break the news to give the students an opportunity to discuss what has happened and to express their thoughts and feelings in a secure environment. The facilitator needs to listen and be empathic. The session needs to be tailored to the age and developmental level of the group.

The outline of the session is as follows:

- Step 1:** Giving the facts and dispelling rumours
- Step 2:** Sharing stories and allowing and encouraging the sharing of thoughts and the expression of feelings
- Step 3:** Normalising the reactions
- Step 4:** Worries (for younger players)
- Step 5:** Empowerment
- Step 6:** Closure
- Step 7:** Free Time
- Step 8:** Recovery

Step 1: Giving the facts and dispelling rumours.

Tell the players in a calm, low key and factual voice:

- What has happened
- Who was involved
- When it happened
- The plan for the day

Sample Script:

I have something very sad I want to share with you. The factual information agreed upon by the critical incident response team e.g. (Name of team mate), who is a club mate of ours and was missing, has been found. He is dead. Yesterday, the Gardaí found his body. They are investigating what has happened and will let us know as soon as they find out more information. I am feeling very sad about what's happened. Let's spend some time together now helping each other to talk about how we feel about what has happened.



Step 2: Sharing stories

Take some time for discussion. Players may wish to tell their story of the event. As a result they will feel less alone because of their common shared experiences. Assisting them to verbalise their experiences helps their recovery. For those who find it difficult to verbalise their experiences, or for members with learning difficulties, it may be helpful to allow them to express their feelings and recount their experiences in other ways. Writing stories or using art can be particularly helpful, especially for younger members (this will need some advance planning and perhaps support). Give the players a choice as to how they want to represent their experiences. Have a box of tissues at hand.

Sample script:

To help us today, we are going to make a memory box for (name of deceased). You can draw a picture of a time you remember with (name of the deceased) or write a poem or a letter to him. If you like we can put these in a nice box and give it to (name of deceased) family sometime soon. This will help them to see how important (name of deceased) was.

Step 3: Normalising the reactions

Tell the players that they will all react differently to what has happened and that there is no right or wrong way. List some possible feelings and reactions. Explain that their reactions are normal responses to abnormal circumstances. Let the members know that the reactions or symptoms will go away in time. Tell them that if the symptoms haven't gone after a few weeks, they should let you or their parents know. They may need to talk to someone about how they are feeling. Depending on the incident and the age of the member distribute handout's.

Step 4: Worries (for younger players)

Sample script

You may be worried about (name of the deceased) - that they might be sad or lonely or hungry or cold. When someone dies, they don't feel cold or hungry or feelings like that anymore. You may be worried that the same thing could happen to you or someone in your family. What happened to (name of deceased) doesn't happen very often. If the teammate has been ill, you could say. He was very sick and the chances of this happening to someone else you know are low.

Step 5: Empowerment

Help the players to identify strategies that they might use to help manage their reactions. For example, talking to family and friends, getting enough sleep, exercise may all help. If appropriate, members can share strategies that worked for them in other stressful situations or brainstorm ideas as to what might help. Overall, it is important to help the players regain a sense of control.

Step 6: Closure

End the session by focussing on the future. Depending on the nature of the incident, help the group decide what they would like to do about various issues, e.g., what to do about the person's jersey, about writing cards or letters. Reiterate the message that their reactions are normal responses to abnormal circumstances.



Step 7: Free Time

After the discussion the coach may want to allow the players' some play time on the pitch or free time together, depending on the age.

Step 8: Recovery

It may be useful to continue to do these activities at intervals during the days following and to intersperse them throughout the natural events within the club in the coming days. Normal routines should generally be returned to as soon as possible.

- Members should be encouraged to resume sports and other extra-curricular club activities
- Help members to identify or establish some supports; help them to identify who they go to for different kinds of help
- Use opportunities which arise within training, where coping and support can be reinforced
- Members could be encouraged to discuss how to avoid future crises and lessons learnt from their experiences

Appendix 6 – What a Debriefing Session is and involves

Debriefing allows those involved with the incident to process the event and reflect on its impact. A debriefing session will have three main objectives.

- 1) Allows members to take time out to speak freely about the incident,
- 2) It helps restore a form of 'normality' to members/the club which has been involved in a critical incident.
- 3) An opportunity to provide members/the club with information on additional support services if required.

A debriefing session may take the form of a meeting/gathering and can sometimes be useful to have an independent person not directly involved in the incident to facilitate discussions.

A debriefing session may look at the following issues:

- What actions/interventions did the club/members take? e.g. was club rooms opened to allow community to come together?
- Was there information/support services information provided to members/community?
- What worked well?
- What could have worked better?
- Next steps – Record learning
- Forward Planning - Anything that needs to be put in place?
- Does the critical incident plan need amended?
- Are there any gaps?



Appendix 7 - Normal Responses to Abnormal Incidents

Cumann Lúthchleas Gael and the Gaelic Players Association (GPA) are committed to the welfare of its players, clubs, individuals, families and communities. No document can account for all critical incidents or for the reaction of individuals which will be different depending on if they are adult(s) or children, whether they witnessed the event(s) or, have close or distance relationships with those involved, etc. Nevertheless we have tried to capture the normal responses that many people experience following exceptional circumstances. A critical incident is an emotional shock (GAA/GPA Guidelines, 2014). It's not easy to take in what has happened and to come to terms with it. It's normal to experience all kinds of unpleasant feelings, emotions and body sensations. During this time, memories, images and thoughts come into your mind even if you try to shut them out. These experiences may be confusing and even frightening. You may wonder if you will ever get over the critical incident, if you are losing control of yourself, or even if you are going mad. These worries are entirely understandable. Each person reacts in their own unique way and there are common reactions that many people share. This advice describes some of these common reactions.

REMEMBER if you are feeling unwell you should always go to your local G.P.

Normal feelings and emotions you may experience:

Fear

- Of damage to oneself and those we love.
- Of being left alone, of having to leave loved ones.
- Of "breaking down" or "losing control".
- Of a similar event happening again - helplessness.
- Crises show up human weakness, as well as strength.

Sadness

- For deaths, injuries and losses of every kind.
- Feelings of hopelessness and despair.

Longing

- For all that has gone.

Guilt

- For being better off than others, i.e. for surviving, for not being injured, for still having material things.
- Regrets for things not done.

Memories

- Of feelings of loss or of love for other people in your life who have been injured or died at other times.

Disappointment

- For all the plans that can now never be fulfilled.



Shame

- For having been exposed as helpless, emotional and needing others.
- For not having reacted as one would have wished - anger.
- At what happened, at whoever caused it or allowed it to happen.
- At the injustice and senselessness of it all.
- At the shame and indignities.
- At the lack of proper understanding by others and their inefficiencies.
- Why us, why our community.

Hope

- For the future and better times. Everyone may have these feelings. Experience has shown that they may vary in intensity according to circumstance. Nature heals through allowing these feelings to come out. This will not lead to loss of control but stopping these feelings may lead to other and possibly more complicated problems.



Do remember, crying can give relief

Physical and Mental sensations

Some common sensations are tiredness, sleeplessness, bad dreams, fuzziness of the mind including loss of memory and concentration, dizziness, palpitations, shakes, difficulty in breathing, nausea, diarrhoea, muscular tension which may lead to pain, e.g. headaches, neck and backaches, abdominal pain etc.

Numbness

Your mind may allow the event to be felt only slowly. At first you may feel numb. The event may seem unreal, like a dream, something that has not really happened. People often see this wrongly, either as 'being strong' or 'uncaring'.

Activity

Helping others may give you some relief but remember looking after yourself is a priority.

Reality

Facing the reality, by attending funerals, inspecting losses, returning to the scene, will help you to come to terms with the event.

Support

It can be a relief to receive other people's physical and emotional support. Sharing with others who have had similar experiences can help.

Privacy

In order to deal with feelings, you may find it necessary at times to be alone, or just with family and a close friend.

Family and social relationships

New friendships and relationships may develop. On the other hand, strains in existing relationships may appear. The good feelings in giving and receiving may be replaced by conflict. You may feel that too much of the wrong things are offered, or that you cannot give as much as expected. Accidents are more frequent after severe stress. Alcohol and drug intake may increase due to the extra tension.



