



ONE MINUTE SERIES #2

Dear First Responder, Medical & Mental Health Professional,

Here is an empowering thing to know: Most professionals who have been traumatized during the course of their work **will experience relief** over time.

Immediately after a traumatic event (e.g. pediatric CPR) many people get "shaken up". It is **natural** to feel traumatized for as long as 3 days, with a variety of trauma symptoms such as intrusive thoughts, strong emotions, poor sleep, loss of appetite, anxiety, and more. This is the mind's response to such shocking and tragic events and is **not indicative of a serious mental health problem**.

Many professionals describe this as "a **normal reaction to an abnormal situation**". In professional nomenclature this reaction is referred to as "Acute Stress Reaction" (ASR). Most people start to feel an improvement within a few days after experiencing such events.

If trauma symptoms persist for longer than 3 days and up to 30 days, this is called "Acute Stress Disorder" (ASD)). Most people with ASD find that **their symptoms ease up** by one month's time.

If trauma symptoms persist for longer than 30 days this is called Post Traumatic Stress Disorder (PTSD) and can be particularly challenging, with trauma symptoms continuing for months or even decades. Nonwithstanding, people can recover and find relief with the right professional help.

Research shows that most people **will experience relief** gradually over time from traumatic events. This points to the **tremendous capacity for resilience** that human beings possess.

Regardless of whether or not remission occurs naturally one can find relief by seeking **professional help** and there's no shame in doing so.

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