



Help is just a phone call away...

## After a Robbery Who Can I Turn To For Additional Help?

Research has shown that the way in which you take care of yourself the first few days following a traumatic event helps minimize the development of future psychological reactions to the event. Understanding the reactions of your body and your emotions, can help you deal with, and heal, the trauma of a critical event.

People respond differently to robberies. If you have a strong reaction, it does not mean that you are abnormal and mentally weak or emotionally ill. Reactions to traumatic events, such as robberies, are considered "normal reactions to abnormal events." Here are a few ways to take good care of yourself if you have experienced a robbery:

**Avoid alcohol use.** Although you may feel like going home and relaxing by having a drink, it is very important that you avoid alcohol for at least 24 hours. Alcohol affects the way in which you preserve memories of the robbery experience. It is very important that your brain has the opportunity to deal clearly and objectively with all aspects of the event so you will be less likely to be affected by it later in ways that may be problematic.

**Avoid caffeine.** You will need to calm your emotions after a robbery. The stimulation of caffeine after a robbery generally makes it harder to settle down and cope well.

**Discuss the event.** Your mind needs to process what happened so that it can resolve the feelings elicited by the event. Suppressing your feelings

will likely cause them to appear later in unpredictable ways. Process the robbery with co-workers, family members, friends, or a Best Care EAP Counselor. You may want to share phone numbers with co-workers who also experienced the event and provide each other mutual support in the coming days ahead.

### **Ask for understanding when you return home.**

Sometimes family and friends may not understand the feelings you are experiencing after a robbery. Ask your loved ones to help you deal with the event by being understanding, supportive and patient.

**Use natural, healthy relaxation.** A warm bath, a massage or enjoyable music are much better means of relaxing after a robbery than using alcohol or drugs or engaging in any impulsive or compulsive behavior. Think in terms of giving yourself the very best care after a difficult experience. Exercise within healthful limits is also a helpful way to decrease emotions of distress.

**Seek help.** If your reactions to the robbery do not diminish after a reasonable amount of time, see your physician for your physical symptoms and a Best Care EAP counselor for behavioral or emotional symptoms. Prompt attention to your own needs will help you minimize any possible long-term adverse effects of the robbery.

***Need additional help?***

***Call at 402-354-8000 / 800-801-4182 or send an email to [EAP@BestCareEAP.org](mailto:EAP@BestCareEAP.org)***



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