

How Can You Help Yourself?

4 Consider reducing use of substances

Limiting substances such as alcohol or drugs to cope with post-traumatic reactions, as they can worsen your feelings.



5 Maintain patience

Recovering from trauma takes time and patience. By seeking support and practicing self-care, you can begin a journey towards healing and resilience.



When Should I Do If I Don't Feel Better?

You can seek help from mental health professionals such as psychologists and psychiatrists. They will help you improve your situation.

If you want to talk to someone, you can call the following hotlines:

- **Emotional Mental Health Support Hotline: 18111**
- **HELP for Domestic Workers**
+852 2523 4020 | +852 5936 3780
(WhatsApp)



Physical health and mental health are indispensable!

About us



Médecins Sans Frontières (MSF) is an international, independent, medical humanitarian organisation. We provide medical assistance to people affected by conflict, epidemics, disasters, or exclusion from healthcare, around the world.

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Understanding Stress Under Crises



What is Trauma?



When a person experiences a significantly stressful event that exceeds their ability to cope, it can cause psychological trauma. This is a distressing experience that greatly affects mental health.

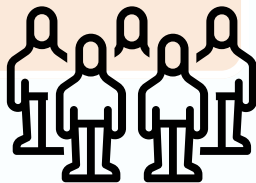
Examples of Traumatic Events

- Natural disasters
- Severe accidents
- Physical or emotional abuse
- Loss of a loved one
- Domestic violence



Who Can Be Affected?

Trauma can affect anyone. Whether someone directly experiences a traumatic event or witnesses others experiencing it, they can be impacted.



Common Post-Traumatic Stress Reactions

Re-experiencing

- Flashbacks of memories, images, sounds, or thoughts related to the trauma.
- Nightmares



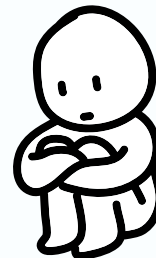
Always Alert

- Being in a constant state of heightened alertness, easily startled or irritable.
- Difficulty in relaxing, affecting sleep.



Avoidance

- Avoiding contact, discussions, recollections, or feelings related to the traumatic experience.



How Can You Help Yourself?

1 Focus on breathing

When feeling anxious or fearful, focus on slow inhalation and exhalation until you feel calmer.



2 Tell yourself you are safe now

Remind yourself that the stressful event is over and you are currently safe, which can help you relax.



3 Self-care

Engage in regular exercise (even daily walks), ensure adequate rest, and find activities that bring you joy as key aspects of recovery.

