

# Fraternal Order of Police of Ohio, Inc.

## Critical Incident Response Service

222 East Town Street  
Columbus Ohio 43215-4611

Telephone: 614-224-5700  
24/7 Toll Free: 800-367-6524  
Facsimile: 614-224-5775

### Within the First 24-48 Hours

- \* Periods of strenuous physical exercise, alternated with relaxation will alleviate some of the physical reaction.
- \* Structure your time - keep busy.
- \* You're normal and having normal reaction - don't label yourself crazy.
- \* Talk to people - talk is the most healing medicine.
- \* Be **aware of numbing the** pain with overuse of drugs or alcohol, you don't need to complicate this with a substance abuse problem.
- \* Reach out - people do care.
- \* Maintain as normal a schedule as possible.
- \* Spend time with others.
- \* Help your co-workers as much as possible by sharing feelings and checking out how they are doing.
- \* Give yourself permission to feel rotten and share your feeling with others.
- \* Keep a journal; write your way through the sleepless hours.
- \* Do things that feel good to you.
- \* Realize those around you are under stress.
- \* **Don't make any big life changes.**
- \* Do make as many daily decision as possible which will give you a feeling of control over your life, if someone asks you what to eat- answer them even if you're not sure.
- \* Get plenty of rest.
- \* Reoccurring thoughts, dreams or flashbacks are normal - do not try to fight them - they will decrease over time and become less painful.
- \* Eat well-balanced and regular meals (even if you don't feel like it).