

I am scared and disturbed after witnessing a **serious** incident, what should I do?



When you witnessed a serious incident, it was normal to feel disturbed for a short period of time. You need to take care of your emotional health when attending to the incident:

Avoid excessive exposure to the information of the incident



Talk to people to soothe your emotions



Let yourself cry to soothe depressed emotions



Do relaxing activities to divert your attention



Do aerobic physical activity and relaxation exercise



Maintain a daily routine



I have been feeling disturbed for a period of time after witnessing a **serious** incident, am I abnormal?



After witnessing a serious incident, many people will experience mental and physical distress within a month:

Pictures and memories of the incident keep flashing in your mind. Having illusions and dreams related to the incident



Difficult to experience positive emotions like happiness, love and satisfaction



Feeling detached from, numb, or unreal of yourself or surrounding environment



Avoiding the people, place, feelings and memories of the incident



Hypervigilant, irritable, and difficult to concentrate and sleep



These acute stress reactions will decrease gradually with time. Share your feelings with your parents and trustworthy adults and let them care for and support you. If the stress reactions persist and affect your daily lives, seek professional help.



Student Health Service
Department of Health