



WHEN SOMETHING TERRIBLE HAPPENS

for students (14yrs+)

After a terrible event, people may have different kinds of ideas or feelings. There is no right or wrong way to feel. Being around family & friends, we may feel happy or safe. Other times, we might feel sad, scared, or angry.



How to cope when terrible things happen to you.

A crisis can affect how you feel, how you think, and how you act.

You may feel:

- Confused
- Worried
- Shocked
- Sad
- Scared
- Angry
- Guilty
- Numb

You may experience:

- Being tired
- Headaches or stomachaches
- A fast heart beat
- Feeling jumpy
- Having problems sleeping

You may think:

- That what happened was your fault
- About bad images repeatedly
- Nightmares
- That bad things will happen again

You may:

- Want to be alone
- Get into more fights
- Have problems concentrating on studies
- Not want to talk about or think about what happened
- Not enjoy much
- Not want to be around things that remind you of what happened

What does NOT Help:

- Staying away from games/play
- Fighting ?
- Avoiding thinking about what happened
- Staying away from family and friends
- Avoiding asking for help when you need it
- Smoking or taking drugs
- Taking risks such as climbing too high or being careless crossing the street

What Helps:

- Talking to family and friends
- Having fun with family and friends
- Eating well, getting enough sleep, and exercising
- Getting back to a regular routine
- Playing outside
- Watching TV or listening to music
- Giving your self extra time to do homework
- Praying
- Accepting that you may need extra help and asking for it

Most of the problems will go away but if you feel that you are not getting better or are unable to study or sleep well, please talk to an adult.



Pakistan Zindabad

**This brochure has been prepared by senior mental health professionals
and is free for printing and distributing anywhere in the country.**

Dr Asma Humayun, Consultant Psychiatrist, Islamabad

Dr Ambreen Ahmad, Consultant Child & Adolescent Psychiatrist, Islamabad

Prof Murad Moosa Khan, Consultant Psychiatrist, Aga Khan University, Karachi

Dr Ayesha Irshad Mian, Consultant Child & Adolescent Psychiatrist, Aga Khan University, Karachi

Dr Tania Nadeem, Consultant Child & Adolescent Psychiatrist, Aga Khan University, Karachi

Design courtesy: Sara Jamil