

Post Traumatic Stress Reactions

What you might see	What this could mean	Strategies
<ul style="list-style-type: none"> • The student seems to replay events. • Intrusion of recurrent memories. • Repetitive play about the event. • A student might frequently think something bad might happen. • Fears about separation from parents or guardians. • Irritability or anger. • Headache, stomach-ache. • Nervousness. • Easily startled. • Difficulty concentrating. • Heightened vigilance and looking for omens or signs. • Disorganised and agitated behaviour. • Avoidance of thoughts, feelings or places that remind about the accident. • Emotionally numb. • Withdrawal from other people. 	<ul style="list-style-type: none"> • Re-experiencing. • Hyper-arousal. • Avoidance. 	<ul style="list-style-type: none"> • Refer the child to the school counsellor or case manager in the rehabilitation team. • Don't be afraid to talk about the traumatic event. When the child brings up the incident, listen to the child, answer questions, and provide comfort and support. • Provide a consistent, predictable pattern for the day, set up a routine and provide warning of unexpected changes to the routine. • Watch for signs of re-enactment, avoidance and physical signs of anxiety. Record these behaviours to provide important information for school counsellor and psychologists who might work with the child. Try and comfort the child and be tolerant of these behaviours. • Protect the child. Do not be afraid to cut short activities that are unduly upsetting for the child.