

Care of the Heart

After experiencing an accident,
a disaster, or a serious incident ...

Hearts can also have "wounds"

When a heart is "wounded,"
that will have an affect
on both the mind and body.

Has this ever
happened to you,
or a loved one ?
For example...



After a natural disaster, a traffic accident, victimized by a crime, or so on...

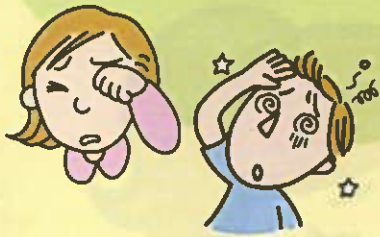
Thoughts

- Difficulty with thinking clearly
- Repeatedly thinking about the something
- Debilitating memory loss
- Confused inability to recall things
- Repeatedly recalling what happened



Body

- Fatigue, weariness
- Drinking and smoking more often
- Insomnia, nightmares, waking up often in the middle of the night
- Poor appetite, nausea, stomach pain, headaches, vertigo, heart palpitations...
- Diarrhea, constipation, sweating, trembling...



- Frustrated, irritable, prone to tears
- Feelings of depression, of being neglected
- Unwilling to speak to others or to do anything
- The inability to act left a sense of powerlessness
- Anger over why such a thing happened to you
- Anxious fears that it may happen again



※ There may be changes which occur besides those listed above, particularly in the case of children and the elderly. Please seek advice from the counseling organization nearest to you.

Feelings

These affects on the heart are not unusual.

This can happen to anyone after a traumatic experience.

It is **completely normal**.



Most changes for you will naturally recover over time.

(Recovery goes differently for every individual, so there is no need to compare with those around you.)



What can be done To make it even a little easier to overcome



Try not to interrupt your daily rhythm, such as eating and sleeping.
(Take ample time to rest and eat well.)



Make room for a change of pace.
(Relax with deep breaths or a walk.)



An ear lent by a family member or someone trusted can do wonders to relieve a heart.
(Try not to let emotions build up inside.)

**If something is on your mind
you can soon find a counseling organization near you.**