

# DISCHARGING SOON? HERE'S HOW TO COPE:



## Have a routine

Wake up, eat and sleep at regular times. Do small daily tasks.



## Engage in Pleasant Activities

Listen to music, read or do hobbies. Spend time outdoors or with loved ones.



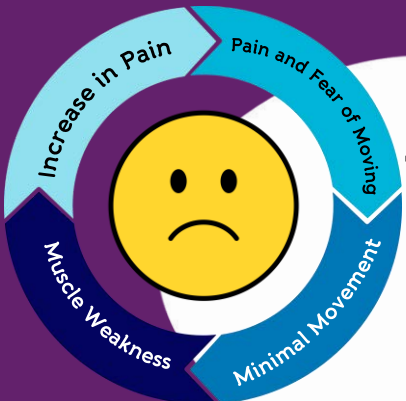
## Anchor Yourself

Use 5 senses to stay present. Stretch, walk, gentle movement – start small and go at your own pace.



## Let Yourself Rest

Follow a sleep routine. Avoid using electronic devices (e.g. phones, laptops) before bed. Create a cozy sleep space.



If you avoid moving because of pain, your body can become deconditioned, and the pain can actually get worse. **Keep moving gently and regularly.** Pacing yourself and doing **small daily tasks** can slowly raise your pain tolerance, prevent more pain and give your body the best chance of recovery!

## Emergency Help

Samaritans of Singapore (SOS): 1-767  
Institute of Mental Health (IMH) Helpline: 6389 2222  
Singapore Association for Mental Health (SAMH): 18000-283-7019  
TOUCHline: 1800 377 2252

Clinic 4A  
TTSH Medical Centre, Level 4  
Contact:  
6889 4343 (General Enquiries)



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Department of  
**PSYCHOLOGY**

## Healing After Physical Trauma





## HEALING AFTER PHYSICAL TRAUMA: WHAT YOU NEED TO KNOW?

Physical trauma - such as a serious injury, road traffic accident, or physical assault, can leave you feeling unsafe, in pain, or out of control. It's common to experience these reactions after such events:



### Unwanted Flashbacks

- Sudden thoughts of what happened
- Bad dreams
- Feeling like it's happening again



### Changes in Mood & Thinking

- Feeling sad, anxious, angry or hopeless
- Thinking more negatively about yourself or the world



### Avoidance

- Avoid places or people that remind you of the event



### Feeling Jumpy or On Edge

- Easily startled
- Trouble sleeping
- Easily irritated

## You are not alone.

Most survivors exposed to physical trauma experience these reactions but these often fade with time.

Support and self-care can help you recover.



## WHY DO I HAVE THESE REACTIONS?

Your brain and body go into protection mode after trauma:



### Brain on High Alert

thinking that danger might still be around.



### Brain Trying to Process Memories

and replaying the event to understand what happened.



### Body Stays Ready

and reacts quickly, preparing to protect you. Some may also fear moving due to worry about reinjury.

## Recovery is Possible

For most people, these reactions naturally taper off within the first 3 months.

For a small percentage, they may persist longer - but with **supportive relationships, a safe environment and effective treatment**, healing and recovery are very achievable!



## Get Help

from mental health professionals or medical practitioners

when you continue to experience these reactions for more than 1 month or struggle to return to daily life.

## STEPS TO RECOVER

Sometimes your mind or body might pull you back into unwanted memories, making it feel like the traumatic event is happening again.

When this happens, here are some steps you can take to **feel more grounded and safe**:

①



### Breathe

Inhale for 4 counts,  
Exhale for 6 counts

#### How does it help?

Taking a deep breath helps activate your body's calming system.

②



### Look around

and name..

5 things you can **see**  
4 things you can **touch**  
3 things you can **hear**  
2 things you can **smell**  
1 thing you can **taste**



#### How does it help?

Focusing on your surroundings helps shift your attention away from distressing memories and bring you back to the here and now.

③



### Remind yourself

That was then, this is now.  
I am safe now.  
I can take small steps to feel better.

#### How does it help?

Repeating these words helps your brain recognize that the danger has passed and you are safe in the present moment.