

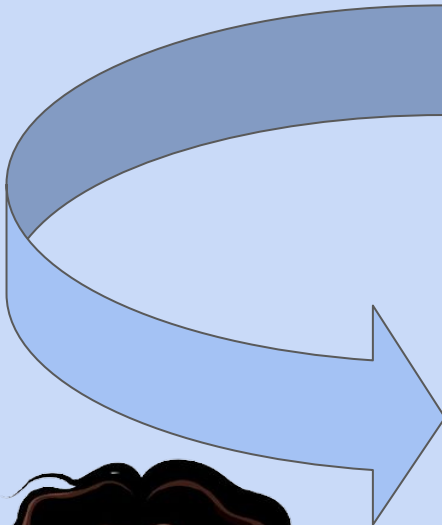
# Mental Health Monday's



## "Survivor's Guilt"

A guide on dealing with Survivor's Guilt, its effects, and ways to cope

## What is survivor's guilt?



Survivor's guilt is a type of self-guilt that sometimes takes place after a traumatic event. People may feel guilty for surviving or avoiding some type of harm when others did not.



# Symptoms of survivor's guilt

- ❑ Surviving when others did not
  - ❑ what they did during the traumatic event
    - ❑ what wasn't done
      - ❑ Helplessness
      - ❑ Lack of motivation
      - ❑ Difficulty sleeping



# Symptoms Continued

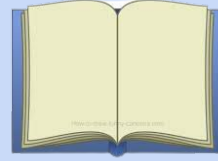
Symptoms of  
PTSD



- ❑ feelings of helplessness and disconnect
  - ❑ flashbacks of the traumatic event
- ❑ obsessive thoughts about the event
  - ❑ irritability and anger
  - ❑ fear and confusion
  - ❑ lack of motivation
  - ❑ problems sleeping

# COPING SKILLS

Read a book



Practice self forgiveness

Allow yourself to grieve

Help others

Know you are not alone

Practice self-care

Do something positive

Connect with others

