

How Your Family Can Cope With Trauma and Build a New Normal After an Accident

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[Image Credit](#)

More than 50% of U.S families have experienced some disaster, and two-thirds of children encounter a traumatic event by age sixteen, [according to SAMHSA](#). If you or a family member is involved in an accident, it's normal to feel uncomfortable, confused and stressed. However, individuals react differently to traumatic events, and that may lead to disruptions in the family, including a lack of proper communication and lapse in daily routines. Luckily, your family can overcome post-traumatic stress by practicing [daily habits that put your life back on track](#). The key is to ensure the entire family is committed to building a new healthy lifestyle.

Seek Legal Assistance

When dealing with the aftermath of an accident, it is easy to overlook the importance of hiring a personal injury lawyer. Keep in mind an accident of any nature will not have a psychological impact only, but also hurt your finances. According to the professionals at <https://personalinjuryattorney-fresno.com/>, if the injuries you or a loved one experience following an accident are due to someone else's negligence, you are entitled to compensation.

Legal experts at [JJS](#) explain that if you have a high-stake personal injury case, an experienced attorney will assist you to hold the party at-fault accountable and seek a fair amount of settlement. Although filing a personal injury claim will not alleviate the pain and suffering, it will bring financial relief to settle medical expenses and [compensate for lost wages](#). That way, your family can focus on healing.

Stay Active, Together

Physical activity promotes the production of feel-good hormones to reduce stress, speed recovery, and improve appearance. Simple activities like playing soccer, basketball, swimming, and dancing with the kids enhance mood. Nonetheless, it is essential to learn [how to exercise after an accident](#) to ensure the injured person does not strain. Make sure to consult a physician about the best workout routine to keep your family healthy and safe.

Encourage Communication

It takes time to recover from post-traumatic stress, but you can help your family cope by [creating a supportive environment](#). Your children, for example, may not feel comfortable talking about current events. In that case, encourage them to draw, write, or paint to express their feelings. Self-expression is particularly important in dealing with traumatic experiences, so encouraging your family to work through their emotions in whichever way works for them is key.

Engaging in activities with loved ones is another excellent way to enhance communication. Start dialogues that are less serious and stressful. Then listen to your family's concerns, do not judge, and reassure them it's not their fault for the accident. But most importantly, manage your stress to achieve positive outcomes.

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