



Thank you to those who registered for the [May 20, 2024](#), annual disaster crisis counseling certification/re-certification training. This training has [reached](#) capacity. Those who received a [confirmation](#), please watch your email for more information as the date approaches.

The Great Utah ShakeOut

The 2024 statewide Great Utah ShakeOut will be held on April 18. That's the day all Utahns are encouraged to participate in earthquake drills at work, school, or home. Join today at <https://www.shakeout.org/utah/>

Tips for survivors and coping with retraumatization

As Utahns around the state prepare for the Great Utah ShakeOut there are some who may experience retraumatization from previous earthquakes. Learn the signs and symptoms so you can help your family, friends, coworkers, and yourself.

Triggering events may include:

- Anniversary dates
- News stories of similar traumatic events
- Witnessing a traumatic event or hearing about one

Retraumatization signs and symptoms

- Flashbacks or nightmares
- Trouble concentrating
- Trouble falling or staying asleep
- Changes in appetite or weight
- Feeling extremely tired or fatigued
- Isolating (avoiding people or places related to the traumatic event)
- Increased use of alcohol or other substances
- Intense feelings of guilt, anger fear, anxiety, horror, sadness, shame, despair, or feeling unable to control one's emotions

Tips for managing and developing resilience

Retraumatization can feel like reopening a wound that has not quite healed. Here's some tips that may help you get through this:

- Understand how and why the event happened.
- Connect with people who understand and can help you through triggering events.
- Develop effective coping strategies such as stress management, self-care, and social support.
- Practice your spiritual beliefs or reach out to a faith leader for support.

· Seek care from a trained, trauma-informed provider.

There is hope. Those who experience retraumatization may feel discouraged but remember steps can be taken toward feeling better and returning to a full and satisfying life. The past will always be there, but learning new ways to manage triggers, trauma, and stress can be helpful. Most importantly, understand that perceptions can affect reactions. People recover from all kinds of setbacks.

For more tips to cope with retraumatization, visit <https://store.samhsa.gov/sites/default/files/sma17-5047.pdf>



<https://www.utahresponds.org/>

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