5 Steps to Emotionally Recovering From a Car Crash

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A car crash is the work of a moment, but the emotional repercussions can be life-changing. There’s no single right way to mentally recover from a collision; especially if lives were lost. But the fact that you’re reading this article is a good sign; it means you’re reaching out for help. And that’s the first step on what can be a long road to recovery.

Look After Yourself Physically

After an accident, there’s the temptation to let everything go; stop exercising altogether; eat takeaways or junk food. However, the body affects the mind, and keeping your physical form healthy will help you psychologically heal. As long as you weren’t harmed, stick with your previous exercise routine to get the endorphins flowing. You may be a little sore, so take it very slow. If you were injured, you may want to take brief walks, but consult your doctor first. Sometimes exercise plays a key part in physical rehabilitation too.

Feed yourself right. That means healthy, balanced meals. Keeping in this routine will give you something to focus on, which is exactly what you need right now.

Sleep!

Most of the healing process will occur while you sleep, physically and mentally. Of course, sleep may be hard to come by at the moment, if you’re negatively affected by the accident. Speaking to a therapist may help unburden you of your worries, but we’d suggest leaving plenty of time to unwind before hitting the hay – make it into a ritual: a nice, hot bath, followed by a mug of warm milk, fluffy PJs, a good book, and some relaxing music.

Whatever you do, don’t just keep watching TV, as this will stimulate your brain; not get it ready for bed. Try to keep to a schedule, as it will begin to tell your body ‘it’s time to sleep now.’

Stay Busy

The worst thing you can do is just sit down and mull over your own sadness. Fill your day with interesting activities: watch a film, start a new hobby, invite a friend over for tea, bake a cake, build a figurine, write a story...whatever you like to do most. Obviously, don’t overtax yourself, but keeping the mind occupied will help you recover emotionally.

Talk About It

When you have a lot of emotional baggage, fall back on your support network. Talk to your family and friends about the incident. Spend time with people who make you smile. Start to feel good again.

Take Steps

If you feel guilty for the accident, place those feelings to one side. If the accident was caused by consumption of alcohol or drugs, take this as an opportunity to rectify these problems. Try to slowly come around to the positive and be the kind of person you feel comfortable with.
Accidents are never intentional, so don’t be too harsh on yourself. Start looking to the future and know that, although this is a difficult experience for you, you’ll come out the other side a stronger and more experienced human being.