

## AFTER A ROBBERY

Victims of a robbery may feel traumatized, terrified, frightened, or scared. It doesn't matter if the robbery was violent or if weapons were used or even seen. The critical thing is that suddenly, and without warning the victim feels a total loss of security.

Just as the body goes through a healing process when it's injured so the mind enters into a healing process that allows it to recover from the emotional injury of being traumatized.

Victims of a robbery will journey through a cycle of normal emotions. Every victim will react differently. Not all emotions will be experienced by all victims because each of us deals with an emotional trauma in our own way. The important thing is that we **MUST** deal with it.

Some of the emotions/reactions that a victim may experience at the time of the robbery and for some days following may include:

- Shock (the mind just sort of shuts down)
- Confusion
- Helplessness
- Feelings of being overwhelmed
- A feeling of disbelief
- Anger
- Frustration
- Hyper Vigilance
- Fear
- Loss of sleep
- Fatigue- which makes one more susceptible to feelings of confusion, anxiety, and disorganization
- Isolated- nobody knows how I feel

Being the victim of a robbery at their place of work causes a person to experience an event that does not normally happen during a routine workday. Once they understand the impact of a robbery they will hopefully realize that others have experienced similar feelings. Understand that it's okay to feel what you are feeling. With time these feelings should lessen and you should be able to return to a normal lifestyle. Understanding the impact of robbery and realizing that countless others have experienced similar feelings can sometimes pave the way to a normal road to recovery.

If these feelings do not diminish, you might want to consider talking with a mental health care worker. The Canadian Mental Health or Alberta Mental Health has counselors trained to deal with these types of situations. Check with your employer to see if they will provide counseling following a robbery at the work place. Remember to **LOOK AFTER YOURSELF**.