



EXPOSURE TO TRAUMA

A GUIDE FOR
MOTORSPORT OFFICIALS



MOTORSPORT OFFICIALS MAY EXPERIENCE TRAUMA THROUGHOUT THEIR TIME WORKING IN THE SPORT. THIS CAN INCLUDE SEEING SOMEONE DIE OR GET SERIOUSLY INJURED.

FIRST – IF YOU KNOW YOU WILL BE EXPOSED TO TRAUMA GET SUPPORT FROM SOMEONE EXPERIENCED OR A PROFESSIONAL AHEAD OF EXPECTED EXPOSURE.

OFFICIALS CAN BE EXPOSED IN ONE OF THE FOLLOWING WAYS:

DIRECTLY – BEING INJURED YOURSELF

WITNESSING – SEEING DEATH OR A SERIOUS INJURY HAPPEN TO SOMEONE ELSE

LEARNING – FINDING OUT THAT IT HAPPENED TO SOMEONE VERY CLOSE TO THEM

REPEATED EXPOSURE – DEALING WITH A LOT OF SERIOUS INCIDENTS OVER TIME OR REPEATEDLY HAVING TO EXAMINE VEHICLES WHERE DEATH HAS OCCURRED AS AN INVESTIGATOR.

IT'S IMPORTANT TO REMEMBER THAT THERE ARE MANY OTHER EVENTS THAT CAN FEEL TRAUMATIC.

YOU CAN ALWAYS SEEK HELP AND SUPPORT.



MOTORSPORT OFFICIALS HAVE JOBS THAT MEAN THEY ARE MORE LIKELY TO EXPERIENCE TRAUMA AT WORK. AFTER TRAUMA IT'S COMMON TO EXPERIENCE:

MEMORIES, DREAMS AND FLASHBACKS – THESE CAN BE DISTRESSING AND YOU MAY RELIVE THE EVENT.

FEELING UPSET WHEN REMINDED OF THE EVENT – SUCH AS WHEN NEAR THE PLACE IT HAPPENED OR IN THE SAME ENVIRONMENT.

AVOIDING FEELINGS AND SITUATIONS – YOU MIGHT AVOID PEOPLE OR THINGS THAT ARE ASSOCIATED WITH THE EVENT.

LOSS OF MEMORY – YOU MIGHT BE UNABLE TO REMEMBER PART OF THE EVENT.

DIFFICULT FEELINGS – CAN INCLUDE FEELING NEGATIVELY ABOUT YOURSELF OR THE WORLD, BLAMING YOURSELF OR FEELINGS OF GUILT.

CHANGES IN THE WAY YOU ACT – BEING ANGRY, HYPERVIGILANT, FEELING DETACHED OR UNINTERESTED.



WHAT ABOUT PTSD?

THESE ARE THE SAME SYMPTOMS THAT SOMEONE WITH POST-TRAUMATIC STRESS DISORDER (PTSD) MIGHT HAVE BUT NOT EVERYONE WHO EXPERIENCES TRAUMA WILL GO ON TO DEVELOP PTSD. MOST PEOPLE FIND THE NEGATIVE EFFECTS GO AWAY IN TIME.

IT CAN TAKE A FEW DAYS, WEEKS OR MONTHS TO RECOVER FROM THE EVENT. IF YOU ARE EXPERIENCING SIGNIFICANT DISTRESS AND THIS IS NOT IMPROVING AFTER A MONTH OR IS STILL THERE AFTER THREE MONTHS YOU MIGHT HAVE PTSD AND SHOULD SEEK THE HELP OF A MENTAL HEALTH PROFESSIONAL.



AFTER EXPERIENCING A TRAUMATIC EVENT YOU MIGHT TRY TO DO THE FOLLOWING:

GIVE YOURSELF TIME – YOU MAY NEED TIME TO ACCEPT WHAT HAS HAPPENED OR TO GRIEVE.

TALK ABOUT THE EVENT OR SPEAK TO OTHERS THAT EXPERIENCED THE SAME AS YOU – A GOOD CHAT WITH CLOSE FRIENDS CAN HELP A LOT BUT TRY NOT TO COMPARE YOURSELF TO OTHERS.

ASK FOR SUPPORT OR CONSIDER PROFESSIONAL HELP – PROFESSIONAL MENTAL HEALTH SUPPORT MAY BE REQUIRED.

AVOID SPENDING LOTS OF TIME ALONE – BEING AROUND OTHERS HAS BEEN SHOWN TO MAKE YOU LESS LIKELY TO EXPERIENCE POOR MENTAL HEALTH AFTER A TRAUMATIC EVENT.

STICK TO YOUR ROUTINE – EAT AND SLEEP AS WELL AS YOU CAN.

TAKE CARE OF YOURSELF – AVOID EXCESS ALCOHOL AND TAKE CARE WHEN DRIVING AS AFTER TRAUMA EXPOSURE PEOPLE ARE MORE LIKELY TO HAVE ACCIDENTS.

AVOID TOO MUCH EXPOSURE TO MEDIA ABOUT THE EVENT – IT'S BEST TO AVOID SOCIAL MEDIA OR NEWS EXPOSURE ABOUT THE EVENT, ESPECIALLY IF IT CAUSES YOU DISTRESS.



WHAT YOU CAN DO TO HELP SOMEONE AFFECTED BY TRAUMA:

BE THERE – OFFER TO SPEND TIME WITH THEM AND REASSURE THEM YOU ARE THERE

LISTEN – TRY NOT TO PRESSURE THEM INTO SHARING BUT LISTEN WHEN THEY DO, AND TRY NOT TO INTERRUPT TO SHARE YOUR OWN EXPERIENCES

OFFER PRACTICAL HELP – THEY MAY STRUGGLE WITH THEIR NORMAL ROUTINE. OFFER TO HELP SUCH AS PREPARING A MEAL OR WITH TASKS THEY CAN'T FACE.

CHECK IN – TAKE THE TIME TO CALL OR MESSAGE TO SEE THAT THE PERSON AFFECTED IS OK

CREATE A POSITIVE ATMOSPHERE AT WORK – MAKE REASONABLE ADJUSTMENTS SUCH AS FLEXIBLE OR REDUCED HOURS FOR A WHILE



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