

TRAUMA 101

WHAT IS TRAUMA?

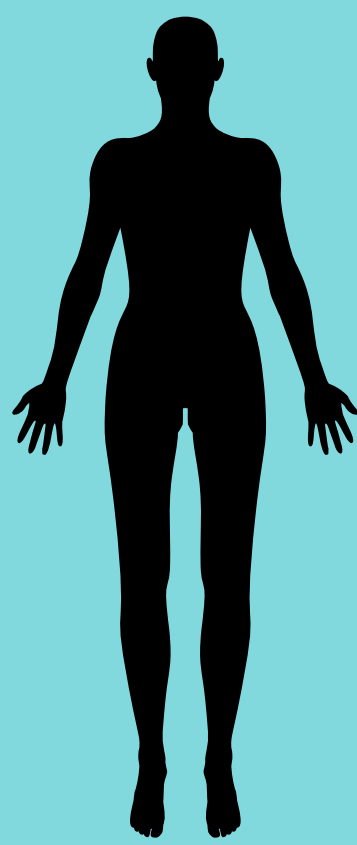
"Any emotional response to a terrible event like an accident, rape or natural disaster."

People who have experienced trauma may face lasting impacts such as...

Source: American Psychological Association



Dissociation
Confusion
Anxious Thoughts
Depression
Flashbacks
Clouded Thinking or Judgment



Exhaustion
Racing Heartbeat
Numbness
Body Aches
Feeling on Edge
Chronic Health Conditions
due to Stress

TIPS FOR COPING

1. Develop sleep routine
2. Eat well-rounded diet
3. Avoid alcohol and drugs
4. Incorporate mindful breathing
5. Find enjoyable ways to exercise or move your body
6. Talk with someone you trust
7. Journal or write
8. Seek counseling