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...

Dissociation
Confusion
Anxious Thoughts
Depression
Flashbacks
Clouded Thinking or Judgment

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

Sources: (RAINN, 2021), (SAMHSA, 2014), (Lawrence Robinson, 2020), (APA, 2021)