



Ready to see what you've learned about trauma? Take this "True or False" quiz and find out.

1. Trauma is different for every person who experiences it.
a. True
b. False
2. It is important to take a lot of time to yourself and separate yourself from the outside world when dealing with trauma.
a. True
b. False
3. Many cases of traumatic stress can branch from childhood abuse, neglect, or other traumas.
a. True
b. False
4. Drugs and alcohol can be a healthy solution to help you distract yourself from traumatic stress.
a. True
b. False
5. Anxiety, depression, shock, fatigue, and fear are the symptoms of trauma that every traumatized person will feel.
a. True
b. False (Symptoms vary for everyone)

Answers: 1.A 2.B 3.A 4.B 5.B



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STAY SAFE SERIES

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OVERCOMING DISTRESS AND ANXIETY FROM TRAUMA



DON'T LOSE HOPE



WHAT IS TRAUMA?

Emotional or psychological trauma is when an event is so stressful that it causes you to lose all sense of safety. People who suffer through trauma feel as if they are always in danger. The more fear and anxiety felt in the situation, the greater the chance that you may be traumatized. Trauma can be caused by one-time situations or an ongoing battle with something. Trauma can also be brought on by something common, like the death of a family member or heartbreak.

Trauma can happen to anyone, but certain things can make you more in-risk of traumatic stress. Trauma can be caused by an overwhelming amount of stress, a losing streak, or, the most likely of the bunch, previous trauma. The most common cause of traumatic stress is childhood trauma. The following events can cause a child to feel traumatized:

- Inconsistent environment
- Parental neglect or abuse
- Illness
- Sexual abuse
- Domestic violence



AM I TRAUMATIZED?

Symptoms of Trauma

Everyone who experiences trauma reacts in a different way. There is no set list of symptoms that a person will experience when suffering from traumatic stress. The severity of the symptoms will also vary from person to person. No two people will experience and cope with trauma in the same way, even if they experienced the same traumatic event. Symptoms can range from physical to emotional to mental. Here is a list of just a few of the various symptoms that a person who has suffered a great deal of traumatic stress may experience.

- Confusion or denial
- Shock
- Anxiety
- Depression
- Fear
- Suicidal thoughts or actions
- Racing heartbeat
- Fatigue
- Insomnia or nightmares
- Muscle aches and pains



IS IT TIME TO ASK FOR HELP?

When to seek treatment

Traumatic stress can last for days, weeks, or even months after a traumatic event occurs. Even after that, certain things can trigger feelings of stress. Here are some tips for healing from a traumatic event.

Move: Try to incorporate some type of exercise into your daily routine. Whether it's walking, running, or playing some type of sport, moving around for at least 30 minutes a day can greatly help in easing up symptoms of traumatic stress.

Get out: One of the most common reactions to traumatic stress is the instinct to isolate yourself from the outside world. Getting out of your house and around people is very important. Try to surround yourself with people that love and support you.

Stay healthy: It is very important to make sure your body is still nourished while dealing with traumatic stress. Try to get a balanced amount of sleep, eat a healthy diet, and avoid drugs and alcohol.

Although it is very possible to heal from trauma on your own (and with the help of a strong support system), it is very important to know when to ask for help. If it has been a significant amount of time since a traumatic event and your symptoms are still severe, it is time for help. You may be suffering from PTSD: Post Traumatic Stress Disorder.

- If you can relate to any of the following statements after
- suffering through an overwhelmingly stressful event, think
- about seeking professional help:
- I am struggling to function at home, school, or work.
- I am suffering from anxiety or depression.
- I have nightmares or stressful flashbacks.
- I abuse alcohol or drugs to cope with my stress.
- I feel very disconnected from the world and am having trouble maintaining my relationships or making new ones.