

TRAUMA HEALING

Learn to recognize the common signs and symptoms of Trauma

Trauma healing is the ability to live in the present without allowing past memories, emotions and history to overwhelm the senses.

Response to a traumatic event varies significantly among people, but there are some primary symptoms.

Emotional signs include:

sadness anger denial fear shame

These may lead to:

nightmares insomnia difficulty with relationships emotional outbursts

Common physical symptoms:
nausea
dizziness
altered sleep patterns
changes in
appetite
headaches
gastrointestinal problems

Psychological disorders may include: PTSD depression anxiety substance abuse problems



SENSE AND COPE

Ways to work through trauma



STOP & BREATH

When we have triggered our bodies' emotional response, and our fight or flight response is activated. This can lead to exhaustion, malnutrition, stress, and in serious cases hospitalization.

ACKNOWLEDGE

It's important as we embark on a healing journey to not get too caught up in the headspace and be able to acknowledge the trigger, make note of it and formulate a plan after careful planning.



SELF CARE CARE SELFISH SELFISH

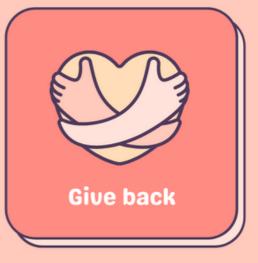
DON'T JUDGE

More often than not, we find ourselves diving deep into our inner child's wounded soul. It's vital as we acknowledge that we also do not judge. Society has put immense pressure on one to conform, fit in and be the perfect type. My advice? Be yourself.

If we want to grow

We need to plant and sow













self-care check-in

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.

- EAT THREE MAIN MEALS
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
 - FIND A QUIET SPOT TO MEDITATE
 - LIGHT AN AROMATIC CANDLE
 - DO A GRATITUDE LIST
 - PRACTICE DEEP BREATHING
 - LISTEN TO GOOD MUSIC
 - EXERCISE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESH
 - **CUDDLE A PET**
- TRY SOMETHING NEW
 - READ A BOOK

Cut out words and tape on mirror









TRAUMA HEALING GOALS

GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

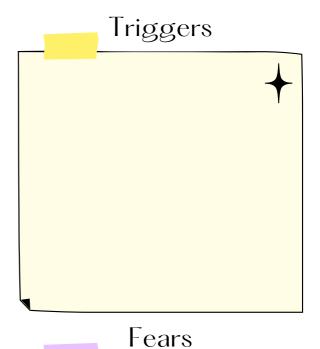
S	SPECIFIC WHAT DO I WANT TO ACCOMPLISH?	
	MEASURABLE HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	ACHIEVABLE HOW CAN THE GOAL BE ACCOMPLISHED?	
R	RELEVANT DOES THIS SEEM WORTHWHILE?	
	TIME BOUND WHEN CAN I ACCOMPLISH THIS GOAL?	

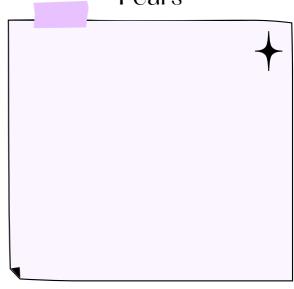
AM I READY?

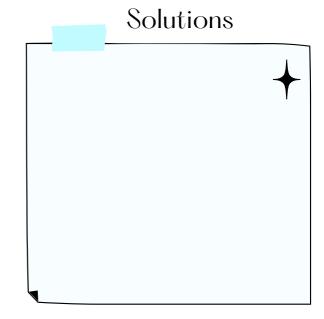


The truth is that we will struggle with our traumas, but we can learn how to cope, so take some time to list in the boxes your triggers, fears, and solutions.

Write on the lines below how you can put everything into action step by step.









Track your progress

YOU ARE MORE THAN YOUR TRAUMA

Courage is when we keep going!

The healed vers	sion of mysel	f looks lik	e
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