

SIGNS OF TRAUMA

How to Help.

Sometimes, people experience trauma through physical or cognitive symptoms long before they are able to process their emotional symptoms. When these signs are present, reconnect, engage, and offer support. As you help others, remember that you also deserve space to process and receive support. You do not have to “have it all together” all the time.



SIGNS OF TRAUMA

Physical

- Hyperarousal (feeling on high alert/having intense reactions)
- Insomnia
- Inability to relax
- Loss of appetite
- Physical complaints (often vague and widespread)
- Lack of energy and drive

Emotional

- Shock, numbness, denial
- Fear, anxiety
- Survivor guilt (if involving a fatality)
- Performance guilt (feeling you did not do enough)
- Helplessness and hopelessness
- Anger, irritability
- Grief, sadness, crying

Cognitive

- Dissociation
- Confusion
- Impaired memory and concentration
- Reduced self-esteem
- Hypervigilance (increased alertness and sensitivity to surroundings or fearing dangers that may not be real)
- Blaming others
- Flashbacks and intrusive thoughts

Social

- Withdrawal
- Loss of trust
- Loss of focus
- Missing deadlines or meetings
- Avoidance of reminders of the traumatic event

Where Can I Get Help?

As a victim, or caring for a victim, you can get help.

Well Being Check-In

Make it a practice to check-in throughout the weeks after an incident and around key anniversaries or dates of the traumatic incident. Recovering from a traumatic event takes time and looks different for everyone. These events cause emotional, physical, and sometimes life-threatening harm, which can have an adverse impact on functioning, and mental, physical, social, emotional, and spiritual well-being.

The fear, uncertainty, and change may significantly affect a person's daily life and ability to perform their home or job duties as they had prior to the incident. “Business as usual” may be difficult to return to and expecting staff to move on as though nothing had happened may lead to further harm.



**the
retreat**
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