How to heal from trauma!

Trauma describes your emotional response to an experience that makes you feel threatened, afraid, and powerless.

There's no set threshold of what harm is "bad enough" to cause trauma. A traumatic event could involve a single brush with death, like a car crash. But traumatic events can also be complex, or ongoing and repeated over time, like neglect or abuse.

Since threats can involve physical or psychological harm, trauma doesn't always leave you with visible injuries. But it can still linger long-term, as post-traumatic stress disorder (PTSD).

How do I know I'm experiencing trauma?

We all respond to trauma in different ways, and while there are no "right" or "wrong" ways to come to terms with significant events, there are some common trauma signs and symptoms.

Emotional and psychological trauma symptoms include:

- Confusion and difficulty staying on task
- Denial or shock
- Anger, irritability and difficulty regulating mood
- Fear and anxiety
- Feelings of sadness or hopelessness
- Feeling withdrawn and disconnected from people and everyday life

Trauma doesn't only affect our mental health but can also disrupt our physical health.

Physical trauma signs can include:

- Insomnia
- Fatigue
- Nightmares
- Racing heartbeat
- Muscle tension
- Aches and pains
- Being started easily

What you can do to heal from trauma!

Practice self-care through your healing journey by regularly taking action to do things that feel good and loving for yourself. Here are some ideas for practicing self-care:

Physical self-care

- Go for a walk
- Enjoy some dancing
- Take a hike
- Go swimming
- Get (or give) a hug
- Play with your pet
- Clean and reorganise your room
- Take a luxurious bath

Emotional self-care

- Write down a list of things you are grateful for
- Practice yoga
- Write in your journal
- Take time to meditate
- Talk with a friend
- Light a candle
- Go on a date

Healing from trauma might feel overwhelming but know that you are not alone and help is available! For more information or assistance, you are welcome to contact Platinum Health's Mental Health Services **(014 590 1700)** to book an appointment with one of our Psychologists.