



How Do I Live After a Trauma?

**From the Crisis Prevention Institute:
Preparing for next week's discussion by Syrita Simmons**

Can you define Trauma?

An emotional response to a terrible event like an accident, rape or natural disaster.

Can you give me a symptom of trauma?

- shock
- denial
- unpredictable emotions
- flashbacks
- strained relationships
- headaches
- nausea

What's a trigger?

Signals that act as signs of possible danger, based on historical traumatic experiences and which lead to a set of emotional, physiological, and behavioral responses that arise in the service of survival and safety (e.g., sights, sounds, smells, touch). Triggers are all about one's perceptions experienced as reality. The mind/body connection sets in motion a fight, flight, or freeze response. A triggered individual experiences fear, panic, upset, and agitation



Give me some triggers:

- Being touched.
- Being isolated.
- Door open.
- People in uniform.
- Loud noise.
- Yelling.
- A particular time of day
- A time of the year
- Specific scents
- Not having control

Dealing with being triggered:

It's helpful to be aware of the things that can help you feel better when you're having a hard time. When you're triggered, what do you do?

- Listening to music.
- Reading a newspaper/book.
- Sitting by the waiting room, lobby, etc.
- Watching TV.
- Talking with a peer.
- Walking the halls.
- Talking with staff.
- Calling a friend.
- Having your hand held.
- Calling your therapist.
- Getting a hug.
- Pounding some clay.
- Punching a pillow.
- Physical exercise.
- Writing in your diary/journal.
- Playing a computer game.
- Using ice on your body.
- Breathing exercises.
- Putting your hands under running water.
- Going for a walk with staff.
- Lying down with a cold facecloth.
- Wrapping up in a blanket.
- Using a weighted vest.
- Voluntary time out in a quiet room.