



How Do I Live After a Trauma?

Quick recap

The meeting began with participants sharing personal experiences and introductions, including discussions about recent health challenges and upcoming presentations on trauma. The group explored definitions and symptoms of trauma, including various emotional and physiological responses, and shared personal experiences related to triggers and coping mechanisms. The session concluded with a discussion about common triggers among stroke survivors and their coping strategies, followed by announcements about future polls and continued discussions on Slack.

Summary

Living Well Post-Stroke Experience

Susan and Julie discussed Julie's experience as a professor of women's and gender studies at the University of Missouri, where she teaches disability studies. Julie shared that she has hemiparesis in her left arm and some cognitive difficulties following a stroke two years ago. Despite these challenges, Julie remains active, participating in activities like biking and CrossFit. Susan explained the purpose of their group, which focuses on helping individuals reintegrate into the community after leaving the hospital and initial rehabilitation. Julie expressed that she is already living her desired life post-stroke and does not have specific recovery goals.

Trauma Meeting and Personal Updates

Susan discussed plans for upcoming meetings on trauma, including a session with Sarita Simmons, LCSW, who works in Texas with Rehab Without Walls. The group discussed various personal matters, including Julie's recent ADHD



diagnosis, Michelle's sinus infection, and Josh's anniversary of his stroke. They also touched on Amber's recovery from a stroke three months prior and Kellee's observations about Josh's appearance after getting a haircut.

Meeting Agenda and Participant Updates

The meeting began with participants sharing personal experiences, including Josh's two COVID-related strokes and a pulmonary embolism. Susan introduced the agenda and mentioned that Sarita Simmons would present on trauma next week, as she was unable to attend this meeting. Susan explained that the meeting would be recorded and asked participants to use the React feature for electronic hand raising if they wanted to speak. The meeting then transitioned to a pre-poll for participants to indicate how much they had learned during the meeting.

Understanding Trauma and Its Symptoms

The meeting focused on defining trauma and its symptoms. Susan provided a definition from the Crisis Prevention Institute, describing trauma as an emotional response to terrible events. Participants discussed various symptoms of trauma, including flashbacks, anxiety, hypervigilance, depression, and strained relationships. The group also explored triggers, which were not explicitly defined in the transcript.

Understanding PTSD Triggers

The group discussed the concept of triggers, particularly in the context of PTSD and trauma. Participants shared personal experiences and definitions, with Josh explaining that triggers are sensory reminders of past trauma that evoke emotional and physical responses. The discussion included examples from several participants, including Kellee who described her reaction to pain from a car accident. The conversation concluded with Susan reading a definition from



the Crisis Prevention Institute, which described triggers as signals that lead to emotional, physiological, and behavioral responses based on historical traumatic experiences.

Stroke Triggers and Coping Strategies

The group discussed triggers and coping mechanisms related to stroke survivors. Susan shared a list of common triggers, including being touched, loud noises, and loss of control. Members shared personal triggers and coping strategies, such as distraction, mindfulness, and using noise-canceling headphones. The group also discussed the challenges of memory loss and the importance of finding personalized coping methods. Susan announced that a post-poll would be launched, and members were encouraged to continue discussions on Slack.