

Healing From Trauma

What Is Trauma?

On the outside, traumas differ tremendously. Over time, a person can experience childhood trauma from a significant history of intense sexual trauma, abuse and/or neglect. Another person could have trauma stemming from a previous car accident. Others could have a traumatic response from an unhealthy relationship or a failing score on an exam.

Whatever causes it, trauma is comprised of three parts – the event, the experience of the event, and the events impact moving forward.

The Traumatic Event(s) – A person in or witnessed a life-threatening event that caused physical, mental or emotional harm.

The Experience of the Event – Two people can experience the same event two very different ways based on their context and history.

The Events Impact on Life – Trauma leaves a lasting impact on mental, physical and overall well-being on those involved.

10 Tips on Healing

- Acknowledge the Event
- Practice Mindfulness and Meditation
- Accept Support
- Return to Your Routine
- Practice Self-Care
- Focus On Your Physical Health
- Journal
- Don't Rush the Process
- Avoid Addictions
- Engage in Fun and Creativity Each