# Trauma - Session 3 - Teens

## Definition of TRAUMA:

- It becomes a problem when you notice things with your _____, _____, or _____ being affected.
- What are some [causes] that you have experienced?
  - o
  - o
  - o

Holy Restored
COPING SKILLS & JESUS

Symptoms that you can relate to:

1.
2.
3.

Factors to affect your experience:

- Genetics
- Brain Development
- Age you were when trauma occurred.
- Support you felt when trauma occurred.

**2 Corinthians 10:5** **2 Timothy 1:7**

A *TRIGGER* can be emotional, mental, physical, internal, or external.
A *WARNING SIGN* is a red flag.
A *REACTION* can be physical, emotional, or mental.

Our _____ affect our _____, and our _____ affect our _____.

**Ask Jesus to show you what this new life should look like.**

### Stages of Trauma:

Shock / Denial → Anger → Bargaining → Depression → Acceptance

These stages do not always move along in a line. Sometimes it's like bumpercars.

### Coping Skills

- Grounding
- Music
- Progressive Muscle Relaxation
- Deep Breathing
- DO NOT ISOLATE
- Coloring/Drawing/Art
- Youth Groups
- Pets/Hobbies
- Journaling / talking with someone
- Professional Help

### Programs:

- Beth Shalom / Restoration
- Life Mapping
- Freedom in Christ

YOU ARE NOT ALONE!
Please contact us if you have any further questions on this topic!