

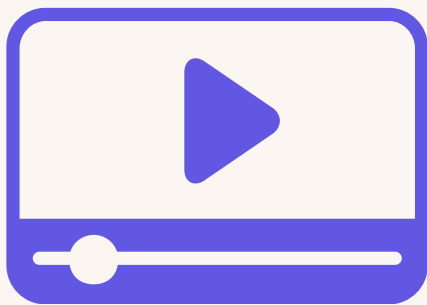
Common trauma symptoms

TRAUMA IS COMMON AND MOST PEOPLE WILL RECOVER OVER TIME. FOR SOME, CERTAIN SYMPTOMS CAN PERSIST.



AVOIDANCE

A natural response is to avoid situations or triggers for changes to mood, physiological states or sense of safety. There can be avoidance of cues which trigger re-experiencing.



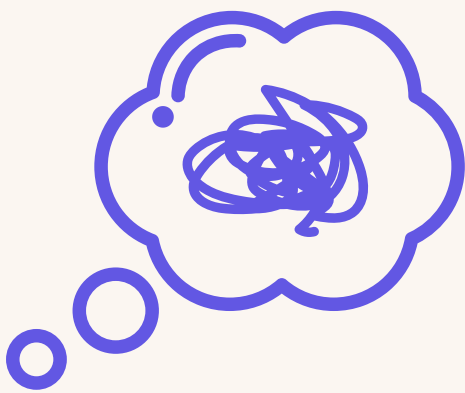
RE-EXPERIENCING

This is the feeling of events replaying in the here-and-now, as if it is happening again. It typically includes intrusive memories, flashbacks or nightmares.



HYPERVIGILANCE

Fight or flight responses are easily activated by cues such as noises, movements, smells or touch. Might be experienced as insomnia, jumpiness, muscle tension or needing to know where exits are located.



THOUGHTS

Trauma can change how we see ourselves, other people, the world and our future. It can contribute to thought patterns that depress our moods.



SAFETY

Techniques such as grounding can help with managing symptoms associated with trauma. There are psychological treatments which can help process trauma and with moving on.