



Tuesday Topic: Coping with Trauma Newsletter

Krippa Family Psychological Services

February 18, 2020



What's New!

Things are in full swing at the practice! As a reminder, we are currently enrolling for our summer camps! We are happy to offer three different camps for ages

ranging 8-college age covering a variety of topics and concerns.

Visit our page to sign up for one of our camps!

<https://ncpsychologist.com/sum...>

What is Trauma?

Trauma affects 70% of people at least once in their life. There is a correlation between trauma experience and physical health issues such as diabetes, COPD, heart disease, cancer, and high blood pressure. Trauma is also a risk factor for behavioral health and substance use disorders. (National Council for Behavioral Health)

Individuals who have experienced childhood abuse/neglect, grief & loss, accidents & natural disasters, medical interventions, witnessing acts of violence, war or other forms of violence can result in traumatic effects.

Symptoms & Coping Strategies

Some symptoms of trauma are:

- headaches
- changes in patterns of behavior such as sleeping or eating
- easily startled by sound or touch
- depression, anxiety or fear
- outbursts of anger or rage
- extreme changes in regular emotion
- loss of interest in activities or hobbies
- shame, guilt
- lack of trust
- detaching self from others

There are immediate reactions to experiencing trauma, but other symptoms could also surface after a period of time since the trauma. Effects can last much longer after the trauma occurred as well. It can often take years for individuals to begin to feel like themselves again

Coping with trauma is an ongoing process. There are a number of ways to cope with trauma:

- seek out social support (friends, family)
- join a support group (we have one for women)
- try to maintain your routine
- be kind to yourself, it is okay to feel the way that you do
- seek out professional help—if your symptoms are interfering with your ability to maintain a functioning life, you are isolating yourself, or experiencing any number of the above symptoms described

Interested in speaking with Kristin about your needs?

Schedule a phone consultation to discuss your needs and learn more about our groups!

Phone Consultation

[Schedule](#)

<https://www.thenationalcouncil...>

<https://www.cdc.gov/masstrauma...>

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