

TRAUMA 101

Understanding. Compassion. Healing is possible.

Stronger people. Kinder systems. A brighter tomorrow.

People
Heal
in
Connection
♥

1 What is trauma?

Trauma is not just what happened, but **how the nervous system and body respond** when something feels overwhelming, threatening, or too much too fast, too much, or for too long.

It can result from a single event, repeated experiences, or ongoing stressful situations. Trauma can affect anyone, and it looks different for everyone.



It's a
nervous system
response —
not a personal
failure.
♥

You are
more than
what happened
to you.
♥

2 Common effects

Trauma can show up in many areas of life. You might notice:



Body

Tension, pain, fatigue, headaches or other physical symptoms.



Thoughts

Worry, intrusive thoughts, negative self-talk, or feeling disconnected from yourself.



Feelings

Anxiety, sadness, anger, numbness, shame, or feeling overwhelmed.



Relationships

Difficulty with trust, fear of being hurt, feeling disconnected or finding closeness challenging.



Sleep

Trouble falling or staying asleep, nightmares, or feeling unrefreshed after rest.



Concentration

Difficulty focusing, feeling forgetful, or a sense of mental fog.



Startle Response

Feeling easily startled or reactive to sounds, movements or reminders.



On Edge or Shut Down

Feeling constantly on guard, or feeling numb, withdrawn or shut down.

3 Trauma is an adaptive response

These responses are **protective**. They are your nervous system's way of trying to keep you safe when it perceived a threat.

Your brain and body learned to be on high alert, to prepare, to avoid, or to shut down. These survival strategies made sense at the time — they are not signs that you are weak or broken.



5 A reminder

Your reactions make sense in the context of what you have been through.
♥

You are not too sensitive.
You are not broken.
You are human.
And healing is possible.

There is hope.
There is support.
There is a brighter tomorrow.
♥

4 What can help?

Healing is possible. Support can help your nervous system feel safer, more balanced and more connected.



Safety

Create environments and relationships that feel safe.



Predictable Routines

Consistency can help your nervous system settle.



Supportive Connection

Reach out to people who are kind, respectful and trustworthy.



Grounding

Use your senses to bring yourself to the present moment.



Rest

Give your body and brain time to rest and recharge.



Gentle Movement

Movement can help release tension and support regulation.



Therapy

A safe, supportive space can help you process, heal and find new ways forward.



Self-Compassion

Be patient and kind with yourself. Healing takes time.