

# Trauma and Coping

## FAQ

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### What is trauma?

Emotional, physical, or mental trauma occurs when a person is overwhelmed by an event or circumstance and responds with intense fear and helplessness. Trauma affects the developing brain and body and alters the body's stress response mechanisms.

### How long could it last?

Many people who have suffered trauma in childhood show signs of difficulty well into adulthood; this is normal. However, **unresolved** trauma can eventually manifest in many ways, including anxiety disorders, panic attacks or intrusive memories, and it also can lead to high-risk behaviors such as suicidal thoughts.

### Can trauma affect my physical health?

Trauma impacts every area of human functioning — **physical, mental, behavioral, social and spiritual**. There is a relationship between trauma and physical health conditions such as diabetes, COPD, heart disease, cancer and high blood pressure, and strokes. It's advise to seek a medical and mental health consultation.

### Can I recover?

The turn around process varies with each individual. People can recover from trauma which will allow them to move forward with their lives. Emotional and mental care are critical components for successful recovery.

### Is trauma a regional issue?

The Adverse Childhood Experiences (ACE) study conducted by the Centers for Disease Control and Prevention and Kaiser Permanente is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being. Almost two-thirds of the study participants reported at least one adverse childhood experience. Statistics also show that between 75 and 93 percent of youth in the **juvenile justice system** have experienced some degree of trauma. Trauma is discovered and endured throughout the world.

## Now what?

Don't be ashamed! The worse has happened to us all. It's how one handles this condition that will separate "forever" from the "phase" and acceptance! Coping, is your first defense while seeking help to overcome and heal from much pain.

*Helpful coping strategies are:*



- Speak with someone you trust.
- Connect with others who have experienced pain or trauma.
- Exercise and Relax (i.e., yoga, meditation, walking, bicycling, swimming, etc.)
- Indulge in a hobby

- Maintain a healthy diet and make sure to rest
- Commit to something meaningful each day
- Pray w/out ceasing

### Information for immediate help:

1-800-273-8255 (TALK) us National Suicide Prevention

(55) 5259-8121 MX National Suicide Prevention

To schedule an emotional or mental health assessment to determine the best care for yourself please contact us at:

704-997-2520  WhatsApp, SMS,  or [Help@tracyparente.com](mailto:Help@tracyparente.com)