

TRAUMA

Trauma may result range from violent causes to distressing issues. It affects all of us at one time or another. The death of a loved one is trauma. Failing an exam can be trauma. Assaults, being laid off from a job, war, break-up of a relationship, abortion, unexpected pregnancy, illness, theft are just some examples of traumatic events.

Trauma, large or small, affects the way we are able to interact with others. People react differently because of genetics as well as upbringing. Growing up in an abusive home can increase a person's stress and decrease their ability to cope. During trauma we don't feel a connected as we did pre-trauma

You may recognize some of these symptoms in your own life:

- Avoiding places, people or thoughts
- Emotional numbing
- Difficulty sleeping
- Irritability
- Anger
- Poor concentration
- Blackouts or difficulty remembering things
- Lack of interest in people or activities
- Distancing oneself from people
- An inability to believe in a future
- Distressing dreams
- Phobias

If you are experiencing any of these symptoms, *there is help*. Call today and start your journey toward peace!