

THE

AFTERMATH



Recovering From Trauma

WHAT IS TRAUMA?

A strong emotional response to a deeply distressing or disturbing event that disrupts your ability to cope mentally, emotionally, physically and Spiritually.



TRAUMA DOESN'T JUST
LIVE IN YOUR MIND IT
RESHAPES YOUR ENTIRE
BEING

Trauma affects the brain and body

Amygdala "body's alarm system"

Hippocampus "memory"

Prefrontal Cortex "Decision making "

Nervous system

Hormones

Muscles

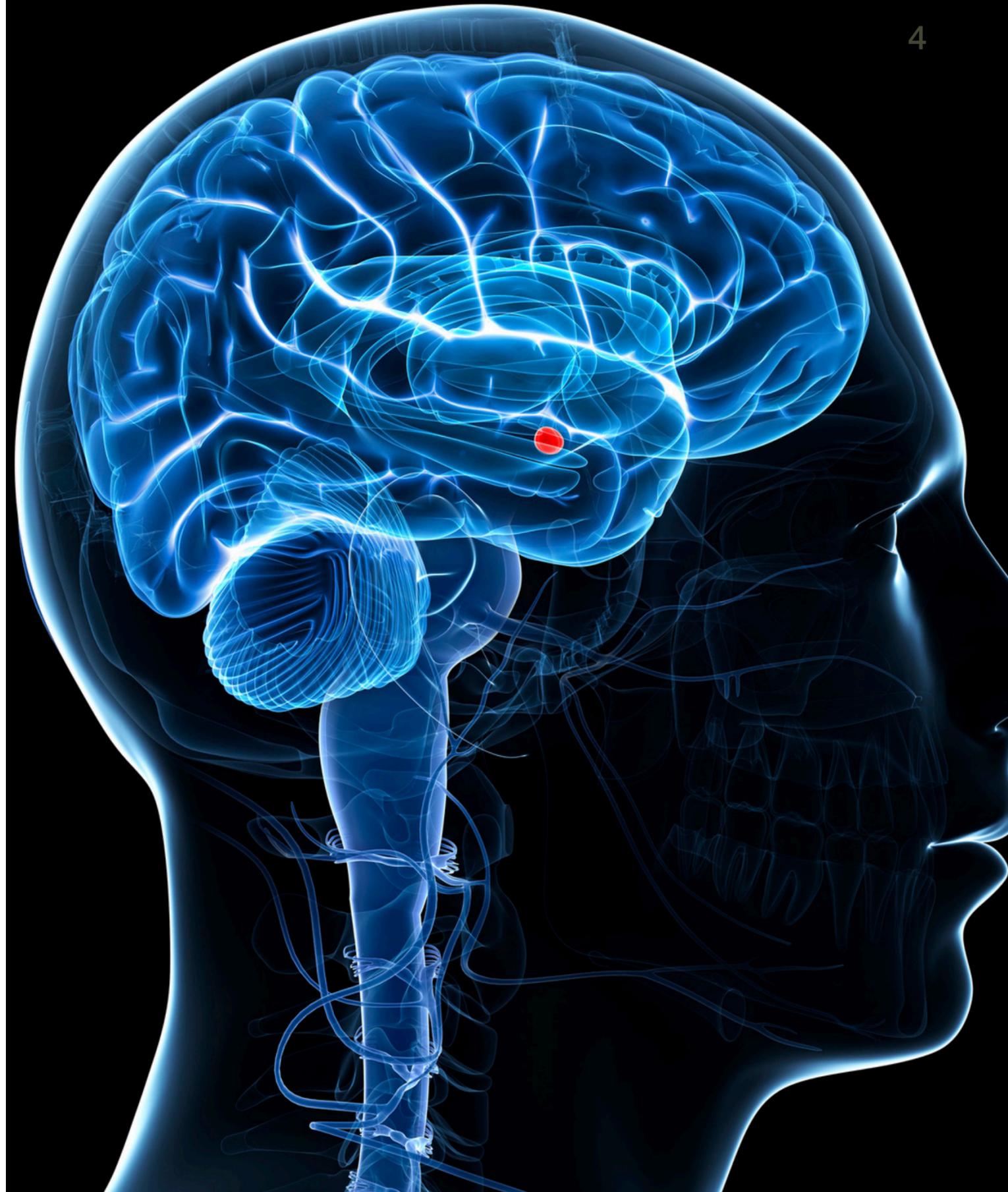
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AMYGDALA

YOUR BODY BECOMES
HYPERACTIVE

You can become extremely sensitive
and falsely believe that things are a
threat.

YOU THINK THERE'S DANGER WHEN
YOU'RE REALLY SAFE.



HIPPOCAMPUS

YOUR MEMORY CENTER

This part of the brain can shrink.

THIS IS WHERE PIECES OF YOUR TRAUMA CAN CAUSE YOU TO FEEL JUMBLED, LIKE PIECES OF THE STORY IS MISSING OR REPLAYS WHAT HAPPENED TO THE POINT IT BECOMES DISRUPTIVE.



PREFRONTAL CORTEX

LOGIC & DECISION MAKING

After experiencing trauma it's harder to think clearly, rationalize or remain calm when triggered.

THIS AREA BECOMES WEAKER UNDER STRESS.



NERVOUS SYSTEM

FIGHT· FLIGHT· FREEZE· FAWN

Your body can get stuck in these modes.

HEART RATE AND TENSION INCREASES



HORMONES

CORTISOL

The stress hormone

- AFFECTS HOW YOUR BODY USES ENERGY!
- AFFECTS YOUR DIGESTIVE SYSTEM & IMMUNITY!



MUSCLES & ORGANS

YOU CAN HOLD ONTO TRAUMA PHYSICALLY

This leads to experiencing chronic pain,
stomach issues and migraines.



FIRST RESPONSE TO TRAUMA:

1. Get to a safe space
2. Regulate your nervous system
3. Connect with the right resources
4. Make the right decision to process the event
5. You choose to heal from it or allow it to control your world



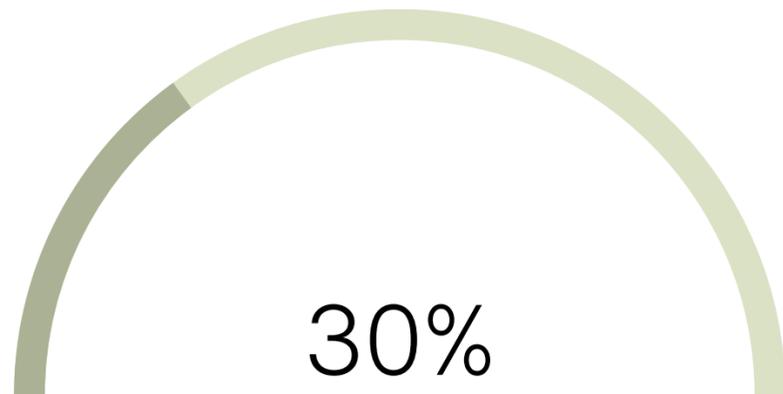
LET'S TALK: EFFECTIVE COMMUNICATION IS KEY

IMPORTANT QUESTIONS TO ASK YOURSELF

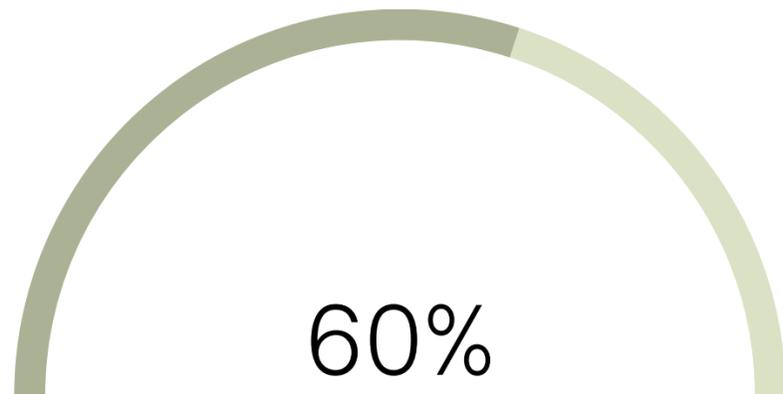
WHY HAVEN'T I Moved PAST MY TRAUMA YET?

WHY HAVEN'T YOU RECOVERED YET?

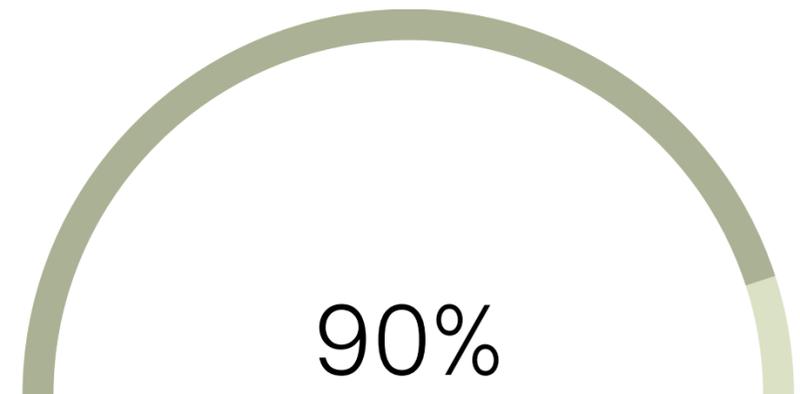
TRAUMA HASN'T BEEN
ADDRESSED



HAVEN'T CONNECTED
WITH THE RIGHT HELP



UNFORGIVENESS



Sometimes it takes as long as it takes!!!!!!

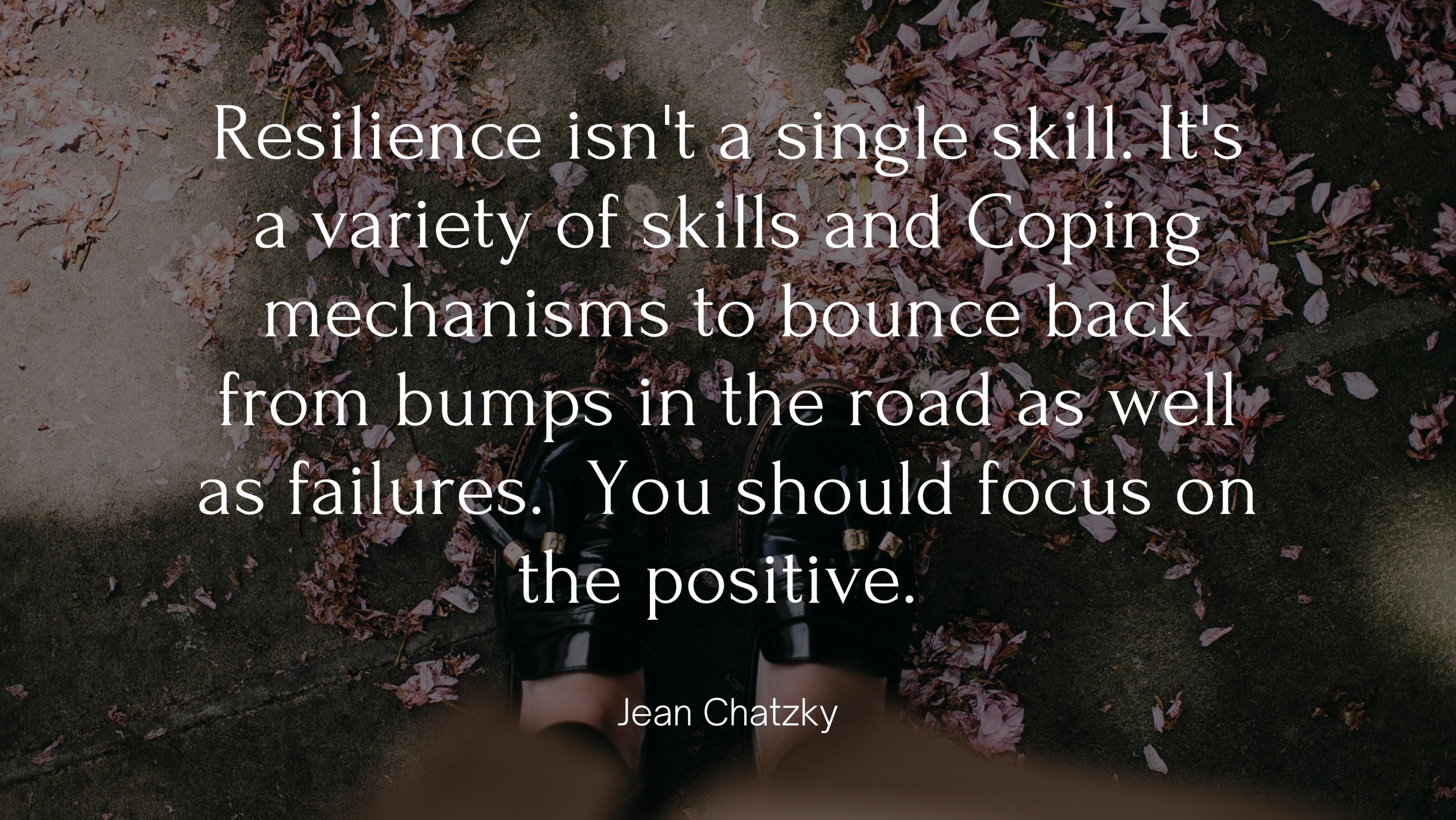
Fear
Anxiety
Confusion



THERAPY IS IMPORTANT



Let's discuss the benefits to attending therapy!



Resilience isn't a single skill. It's a variety of skills and Coping mechanisms to bounce back from bumps in the road as well as failures. You should focus on the positive.

Jean Chatzky



HOW TO COPE?

YOUR BRAIN AND BODY CAN HEAL AND BE REWIRED

1 CALMING THE AMYGDALA

Mindfulness, Deep Breathing and talk therapy teaches you how to slow the brain down so that your internal alarm is not constantly going off.

3 STRENGTHEN PREFRONTAL CORTEX

Journaling and meditation helps to rebuild your ability to think logically and to feel in control.

2 HEALING THE HIPPOCAMPUS

Learning through body-based healing allows the hippocampus to start reorganizing memories properly.

4 RELEASING STORED TRAUMA

This can be done through dance, exercises and breakthroughs during therapy sessions.



THE
CHOICE
IS YOURS!

YOU COULDN'T
CONTROL HOW IT IMPACTED
YOU, BUT YOU CAN CONTROL
HOW YOU CHOOSE TO MOVE
FORWARD!



BOOMERANG AFFECT

Life is a boomerang if you don't take care of your trauma when it happens, it's going to come back around when you don't need it to. Prioritize your mental health. You can do this by going back for a second therapist if your first experience was not good. Spiritual advisement and revisiting your coping techniques are important. By now you should have identified triggers and feelings you are experiencing.

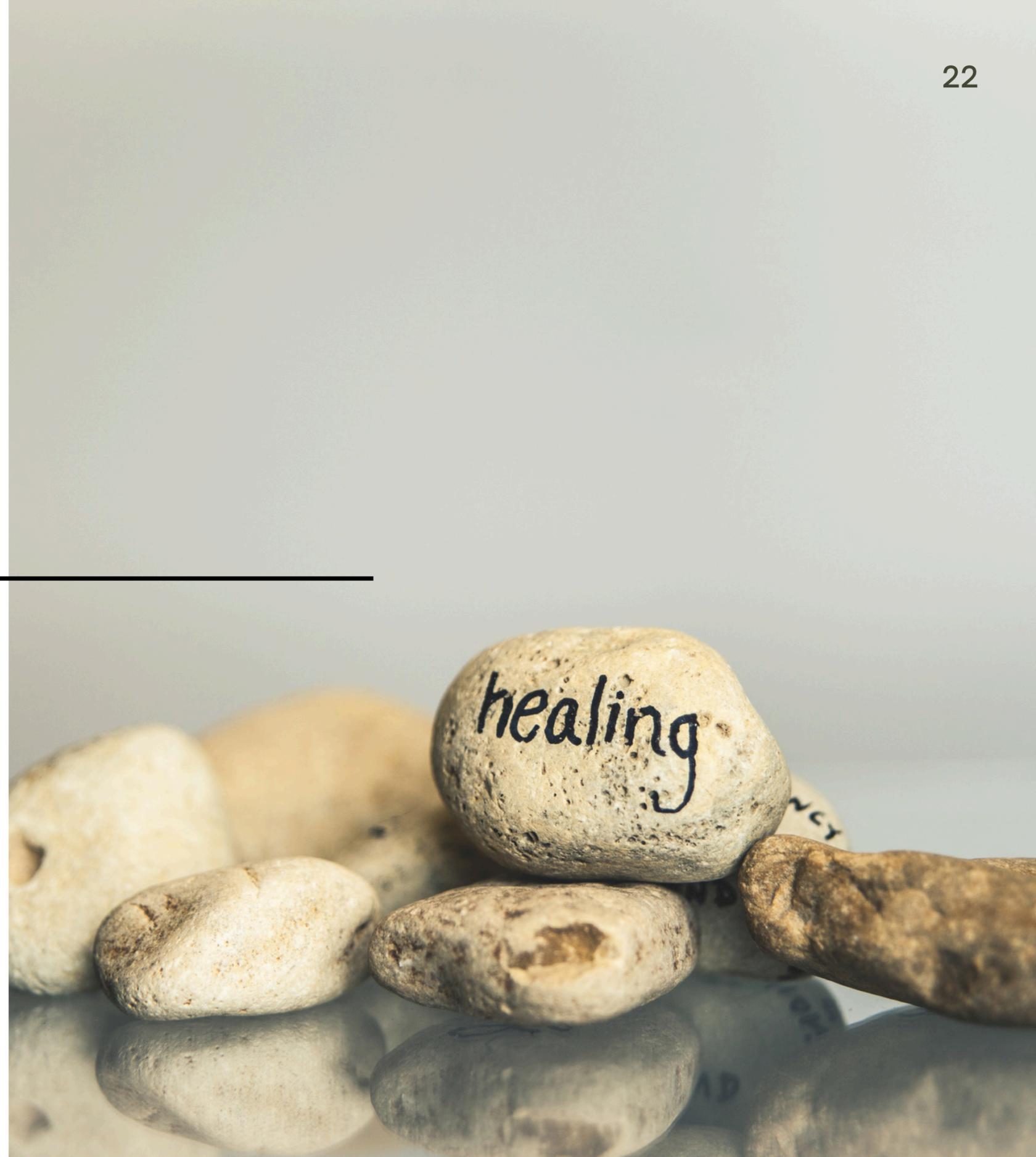
HOW DO YOU KNOW WHEN YOU ARE HEALED

Healing is subjective.

Healing is necessary.

Healing is hard work.

Healing is possible.



RECOVERING
FROM TRAUMA IS
ABOUT CREATING
NEW EXPERIENCES
AND LIVING A
HAPPY LIFE!



The future belongs
to those who believe
in the beauty of their
dreams.

— Eleanor Roosevelt

