

HEALING FROM TRAUMA



LAKEVIEW CENTER
A Trauma-Informed Community

Lakeview Center



BAPTIST HEALTH CARE

Trauma occurs when a person is overwhelmed by events or circumstances and responds with intense fear, horror, and helplessness. Extreme stress reduces a person's capacity to cope. There is a relationship between trauma and physical health conditions such as diabetes, COPD, heart disease, cancer and high blood pressure.

TRAUMA CAN STEM FROM:

- Medical interventions
- War and other forms of violence
- Childhood abuse or neglect
- Physical, emotional or sexual abuse
- Grief and loss
- Accidents and natural disasters
- Witnessing acts of violence
- Workplace violence
- Other life events

HOW COMMON IS TRAUMA?

- 70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives. That's 223.4 million people.
- Trauma is present in nearly all mental health and substance abuse challenges.
- Many children who witness or are a victim of violence develop Post Traumatic Stress Disorder. Similarly, 90% of sexually abused children, 77% of children exposed to a school shooting, and 35% of urban youth exposed to community violence develop Post Traumatic Stress Disorder.

Post Traumatic Stress Disorder (PTSD) is a mental health condition that is triggered by a terrifying event. It affects both children and adults.

SYMPTOMS OF TRAUMA MAY INCLUDE:

- Headaches, backaches, stomachaches, etc.
- Sudden sweating and/or heart palpitations
- Changes in sleep patterns, appetite, interest in sex
- Constipation or diarrhea
- Easily startled by noises or unexpected touch
- More susceptible to colds and illnesses
- Increased use of alcohol or drugs and/or overeating
- Fear, depression, anxiety
- Outbursts of anger or rage
- Emotional swings
- Nightmares and flashbacks – re-experiencing the trauma
- Tendency to isolate oneself or feelings of detachment
- Difficulty trusting and/or feelings of betrayal
- Self-blame, survivor guilt, or shame
- Diminished interest in everyday activities

PEOPLE CAN AND DO HEAL FROM TRAUMA

TALKING TO YOUR HEALTH CARE PROVIDER

- Share with your provider that you have experienced trauma, past or recent.
- Let him or her know what is helpful to you during office visits.
- It's okay to ask what help is available.
- Help is available 24 hours a day at: HelpLine **850.438.1617**.

HELPFUL COPING STRATEGIES

- Talk with someone you trust.
- Acknowledge that you have been through traumatic events.
- Connect with others, especially those who may have shared the stressful event or experienced other trauma.
- Exercise – try walking, aerobics, bicycling, or jogging.
- Relax – try yoga, stretching, massage, meditation, deep muscle relaxation, etc.
- Take up music, art or other hobbies.
- Maintain a balanced diet and sleep cycle.
- Work to reduce your use of stimulants — caffeine, sugar and nicotine.
- Commit to something personally meaningful and important every day.
- Write about your experience for yourself or to share with others.

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