

COPING WITH TRAUMA

Trauma can be defined as response or reaction to a disturbing or distressing event that can affect one's ability to cope. One can experience emotional, behavioural, physical, cognitive, and existential reactions to trauma.

COMMON TRAUMA SYMPTOMS	COPING SKILLS
Anxiety or fear	Consult your counsellor/healthcare practitioner
Guilt (including survivor guilt)	Explore online mental health support services
Anger or sadness	Get guidance specific to your circumstances
Feeling out of control	Regular exercise
Helplessness and hopelessness	Eat healthier, well balanced meals
Feeling unreal or depersonalization	Practice good sleep hygiene
Denial or pretending to be fine	Recognize and challenge any negative thoughts
Constriction of feelings	Practice mindfulness
Depressive symptoms	Be open to new possibilities
Irritability or hostility	Develop and use safety affirmations
Change in appetite or sleeping patterns	Practice gratitude
Muscle tremors or uncontrollable shaking	Strengthen healthy relationships with others
Extreme fatigue or exhaustion	Connect with personal strengths and abilities
Memory challenges	Engage in activities that you enjoy (e.g. listening to music, reading etc.)
Difficulty in concentration	
Wanting to isolate yourself from others	Avoid unhealthy coping mechanisms (e.g. excessive use of alcohol, smoking etc.)
Reactivation of previous traumatic incidents	

Written by: Amambelu Bespoke Wellness

Email: Ask@AmambeluBespoke.co.za

WhatsApp: +27 79 772 1950

Whether you are facing difficulties in your relationship, health, career, or you just want to talk. That's what we're here for. Feel free to contact us.

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