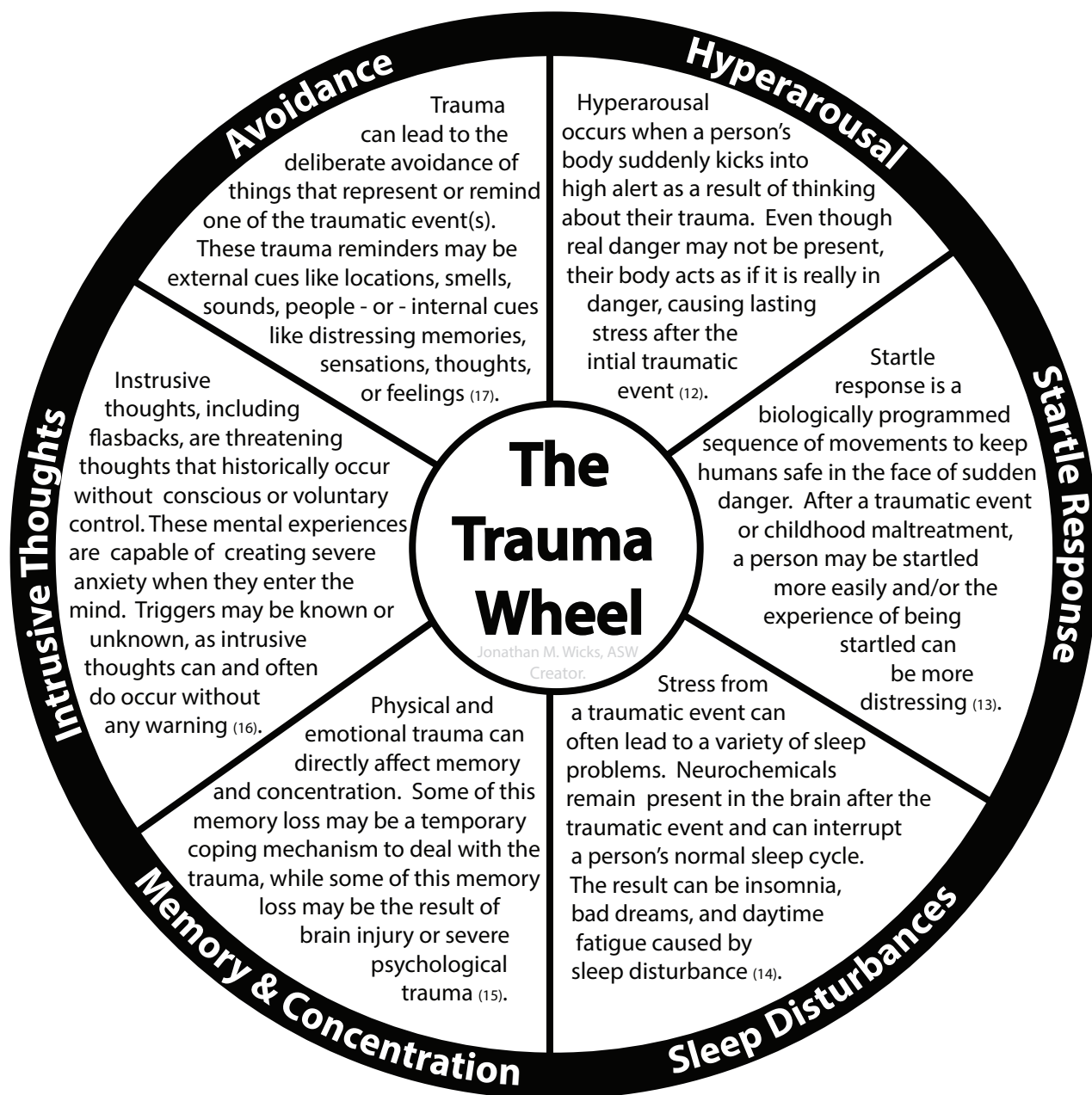




Source(s) of trauma

Sexual Assault	Witnessing an Act of Violence/War/Death	Natural Disasters
Domestic Violence	Severe Injury or Illness	The Death of a Loved One

More responses after trauma

Fear	Anger	Guilt	Pessimism
Self-harm	Inflated ego/self	Numbing	Difficulty w/listening
Chronic exhaustion	Minimizing	Hopelessness	Difficulty w/ empathy
Low self-esteem	Addiction	Helplessness	Difficulty w/complexity
Diminished creativity	Sense of persecution	Physical ailments	Dissociative moments

Coping/relaxation techniques

Grounding Techniques	Deep Breathing	Mindfulness	Progressive Muscle Relaxation
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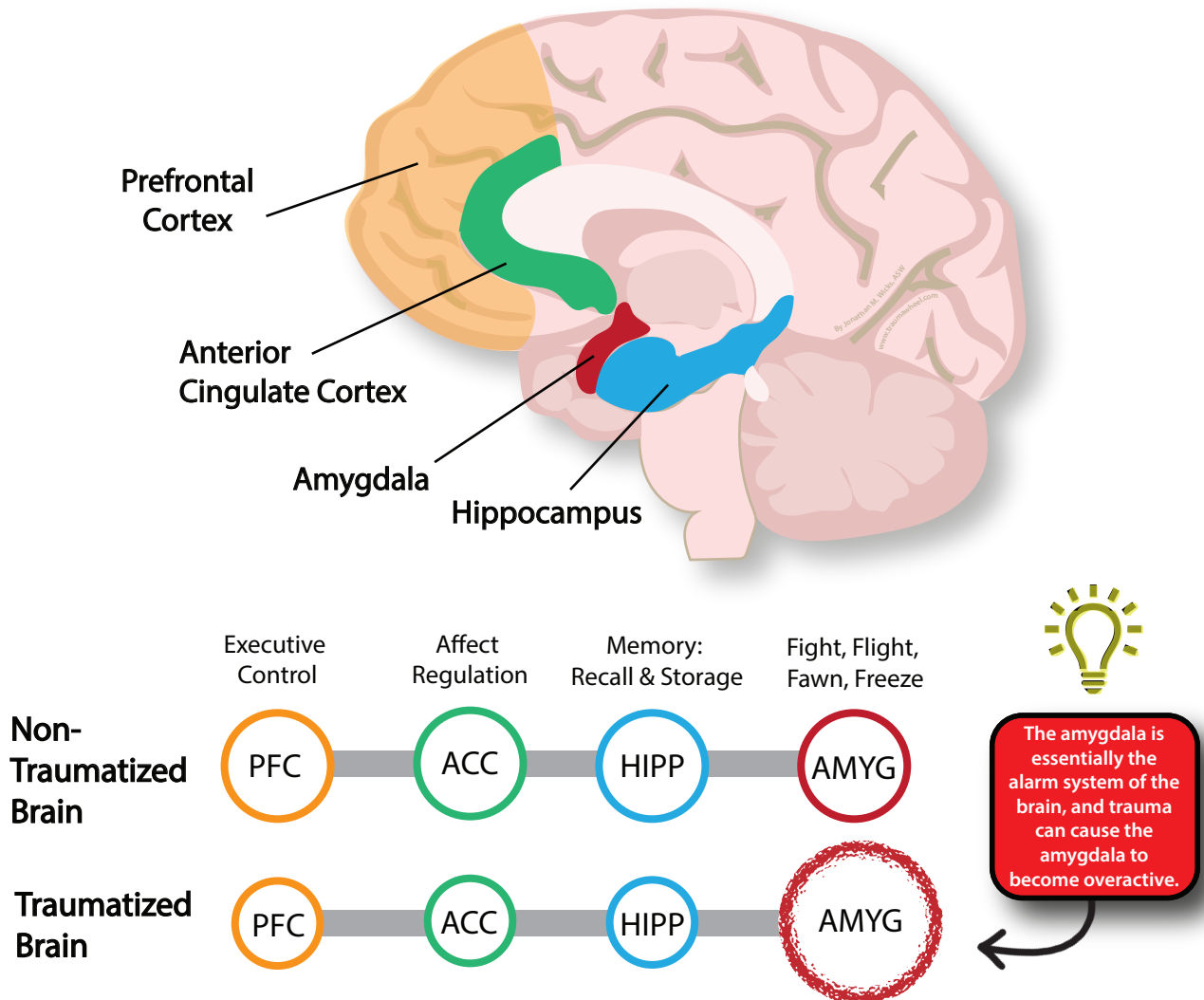
The Neurobiology of Trauma

You are not “crazy” - you are traumatized. They are not “crazy” - they are traumatized.

If you can remember that trauma has an impact on the neurobiology of the survivor, the common symptomatology caused by exposure to trauma will be easier to recognize, understand, and manage.

Trauma initiates the survival response in a person. The amygdala is essentially the alarm system of the brain, and trauma can cause the amygdala to become overactive and cause a person to be overly stimulated with the feeling of danger, even when they are in a safe space. The other areas of the brain that would typically help suppress these amygdala - driven feelings of danger have been shown to become less active after exposure to trauma, which can also be the cause of many of the distressing symptoms a person experiences after surviving a traumatic event.

Use this graphic of the neurobiology of trauma to better understand the common responses after exposure to trauma.



Learn more about resources:

National Alliance on Mental Illness

NAMI is dedicated to improving the lives of persons living with serious mental illness and their families. Information on advocacy for those with mental illness, including affiliates who provide family support groups in different states in the US.

Substance Abuse and Mental Health Service Administration

SAMHSA has statistics and data related to substance use and treatment; suicide prevention, getting help for mental health problems, getting help for substance use, and more.

United States Department of Veteran Affairs

All VA Medical Centers offer PTSD treatment, even if there is no specific PTSD program. Many Vet Centers and VA Community Based Outpatient Clinics also offer PTSD treatment.

United States 211 Referral System

Many states now have a 2-1-1 comprehensive referral phone line. By dialing 211, any state resident is provided with helpful information regarding a variety of state and community services available to them.

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