

Defending Your Wellbeing After Trauma



Objectives

1. Define trauma.
2. Explain different coping strategies to use after trauma.
3. Practice a technique to defend your wellbeing.

What is trauma?

An emotional response to a terrible event that overwhelms an individual's ability to cope.

Trauma is unique to each person.

Trauma may manifest immediately or appear later.

Trauma can have both short-term and long-term effects.

Types of trauma

- Acute Emotional Trauma - short term
- Chronic Emotional Trauma - prolonged term
- Complex Trauma

Impact on wellbeing

- Emotional
- Physical
- Behavioral

Coping techniques

- Rhythmic movement
- Open posture
- Sensory grounding
- Muscle relaxation
- Breathing
- Meditation

Defend your wellbeing

- Don't isolate
- Join a support group
- Face it rather than avoid
- Listen to your body
- Stay away from substances
- Get back into a routine
- Fix the little things
- Celebrate life

Summary

- Trauma is unique.
- Trauma can impact an individual's wellbeing.
- Help is available!

How will you defend your wellbeing?

Your Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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