



Healthy Minds. Healthy Lives. Healthy Communities.

## Let's Talk about Health post Trauma

*Trauma comes in many forms:*

- ❖ *Losing a loved one*
- ❖ *Being in a car accident*
- ❖ *Witnessing someone else's tragedy*
- ❖ *Being a victim of violence or abuse*

**1 in 6** men have experienced trauma

**80%** of people in psychiatric hospitals have experienced trauma

**66%** of people in substance abuse treatment facilities have experienced physical or sexual abuse

**90%** of women with alcoholism were sexually abused as children or suffered severe abuse by their parents

**67%** of all people who attempt suicide, **80%** with regard to child/adolescent suicide attempts, have trauma

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## Self Care after a Trauma

**“You never know how STRONG You are until being STRONG is the only Choice You have”**

- **Turn to natural supports** ~ *talk with friends, family, co-workers always at your own pace*
- **Educate yourself on trauma and trauma reactions** ~ *A lot of what is experienced is a very “normal reaction to an abnormal situation”*
- **Inform your Doctor of your trauma** ~ *This may help explain some physical symptoms you are experiencing*
- **Practice Relaxation Techniques**
- **Learn about and engage in Distracting Activities** ~ *Arts/crafts, exercise, sports, reading, journaling*
- **Engage in (basic) Self Care** ~ *Eat Healthy, Practice good sleep hygiene, engage in physical activity, take a day off, see your Doctor annually*
- **Work through a process of turning the trauma in to a growth experience**

**Always Remember:**

***Experiencing a Trauma does not define who you are***