

SOUL HEALING: RECOVERING FROM TRAUMA!

People who have been through trauma, their souls are hurting...

Mary Gauthier

WHAT TO KNOW!

- ❖ It can take an incredibly long time to overcome the pain of trauma and feel safe again
- ❖ Traumatic reactions are normal reactions to a very intense abnormal event
- ❖ It not only affects you psychologically, but also physically leaving you in a heightened state of arousal and awareness
- ❖ Trauma is the result of an exceptionally intense event or events that destroys one's sense of safety, control over one's life, and sense of personal power
- ❖ Often involving a personal threat, you can either be a victim or just exposed to an event or series of events that are overwhelming and isolating
- ❖ The more helpless, trapped, and frightened you believe you are, the more you are likely to be a victim of trauma
- ❖ Trauma is not like a cold that you can get over quickly; it causes:
 - Overwhelming negative emotions and a sense of powerlessness
 - Frequent and intrusive memories of the trauma
 - Flashbacks and constant anxiety
 - Hypervigilance
 - Difficulties in trusting
- ❖ PTSD or Post-Traumatic Stress Disorder occurs when you remain in a kind of psychological shock and are unable to process the trauma and cope with your emotions
- ❖ Psychological symptoms of trauma include: shock, anger, mental confusion, anxiety, guilt, self-blame, hopelessness, numbness
- ❖ Physical symptoms include: hypervigilance, tiredness, sleep difficulties, agitation, muscle tension, difficulty concentrating, being startled easily

WHAT TO DO!

- ❖ Seek support from others and do not isolate; connecting with friends will help you to heal by being able to share your experiences and accept the caring from others
- ❖ Participate socially which will allow you to feel you have a normal life and also a sense of control over your own life
- ❖ Be physically active and move; exercising can help you “unfreeze” your nervous system and allow it to return to normal functioning
- ❖ Calm yourself by practicing yoga, meditation, mindfulness, deep breathing and other stress reduction exercises
- ❖ Have a good and well-balanced diet; do not drink or use drugs, and get enough sleep
- ❖ Seek professional help if your symptoms do not lessen, you have difficulty functioning, you feel numb and disconnected from others, or have nightmares and flashbacks

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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