

TRAUMA



WHAT IS TRAUMA?



At any age, we can experience stressful or distressing events, and this can be referred to as experiencing trauma.

We all will react differently, and we may react immediately or sometime after, but trauma can cause long-lasting harm, e.g., PTSD.

WHAT MIGHT I FEEL OR EXPERIENCE?

Feelings and Experiences are unique to each person. Below are some examples of what you could feel:

- Frightened
- Unsafe
- Abandoned
- Powerless
- Rejected
- Unsupported
- Threatened



WHEN WILL I FEEL BETTER?

There is no time on when we can feel better after a traumatic event but your reactions to trauma are normal, and it is ok to ask for help when you need.

REMEMBER!

“Trauma creates change you do not choose. Healing creates change you do choose.”

– Michele Rosenthal.



PHYSICAL SIGNS AFTER A TRAUMA



Difficulty Sleeping



Lack of Energy



Aches & Pains

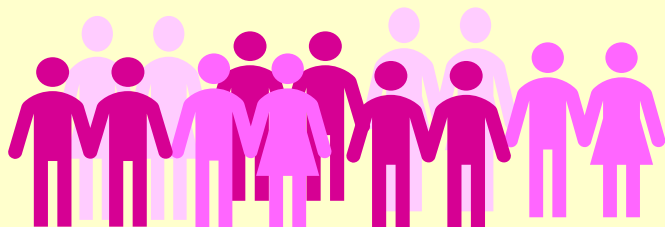


Changes in Eating Habits

TRAUMATIC EVENTS

Traumatic events can be positive or negative experiences and range in severity. Some of these experiences occur on a semi-regular basis and others only once.

No matter who we are, we can all be subject to traumatic events. These events can be different for each individual.



The signs listed are just a small example. Everyone will be different in how they react and feel after experiencing a trauma.



HOW CAN I HELP MYSELF IF I HAVE EXPERIENCED A TRAUMA?

1. **STAY ACTIVE** – PHYSICALLY AND MENTALLY.
2. **EAT AND SLEEP** – TRY AND EAT HEALTHY AND GET ENOUGH SLEEP.
3. **BREATHING** – PRACTICE BREATHING TECHNIQUES REGULARLY AND WHEN YOU FEEL ANXIOUS OR FRIGHTENED.
4. **EXPRESS FEELINGS** – SOMETIMES IT'S HARD TO TALK BUT YOU CAN EXPRESS FEELINGS THROUGH WRITING, DRAWING, MUSIC OR EVEN EXERCISE.
5. **FIND SUPPORT** – KEEP IN TOUCH WITH FAMILY AND FRIENDS. TALK TO PEOPLE, EVEN IF IT IS JUST A SIMPLE CONVERSATION.

SELF-CARE

Self-care is extremely important. It is all about taking time out to look after yourself.

Taking care of yourself mentally and physically can be beneficial by identify some distractions to the grief and emotions you are feeling.

Some examples could be:

- Going for a Walk
- Listening to a Podcast or Music
- Cooking or Baking
- Sketching
- Painting
- Meditation/ Yoga
- Reading a Book
- Taking a Nap



CAN YOU THINK OF ANYMORE?

The Miracle Foundation SCIO are a bereavement and trauma organisation for Children and Young People between the age of 4 and 18 years old.

We have a great team of counsellors and art therapists that can help you deal with the thoughts and feelings you are experiencing. We will help you develop healthy techniques to deal with your emotions, build on your emotional strength and provide you with a hope for the future. We are here to support and help you when you are struggling during difficult times.

IF YOU NEED HELP/SUPPORT STRAIGHT AWAY, YOU CAN CALL 999 OR GO STRAIGHT TO THE NEAREST ACCIDENT AND EMERGENCY DEPT IF YOU CAN GET THERE SAFELY.



REACHING OUT FOR HELP!

It is important to remember you are not alone. Why not try reaching out to a trusted friend, family member or adult?

There are also trained specialists and professionals who are here to support you and anyone else.

The Miracle Foundation specialise in Bereavement and Trauma Support for Children and Young People. You can contact us directly on 01698 760479.

USEFUL CONTACTS

If someone is at risk of coming to harm, the services would need to get in touch with emergency services or appropriate authorities.

CHILDLINE

A confidential service, operating times can be found on the website.

TEL: 0800 1111

ONLINE COUNSELLING: 1-2-1 chat

SHOUT

A free confidential and anonymous service available 24/7.

TEXT: 85258

SAMARITANS

Whatever you are going through, Samaritans can be called any time, from any phone for free.

TEL: 116 123

BREATHING SPACE

A free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression, or anxiety.

TEL: 0800838587



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