



TRAUMA AWARENESS

With recent and current national and global events contributing to severe physical and psychological health problems, isolation and bereavement, experiencing trauma has also become more prevalent.

For some, this could lead to Post-Traumatic Stress (PTS). A severe but treatable mental health problem. Others may experience some symptoms of PTS but not all, meaning they did not receive a diagnosis of PTS but still need help and support in managing it.

WHAT IS TRAUMA?

Any event which **is**, or importantly, that **we believe** to be life threatening or highly distressing.



HOW CAN IT AFFECT US?

It is natural to feel extreme emotions such as shock or distress and we are usually able to process what has occurred and move on. We can, however, sometimes experience troublesome post event symptoms like:

- Avoidance of reminders of the traumatic situation
- Being constantly on guard - hyper vigilance
- Feeling fear and anxiety persistently
- Feeling sad or angry outside of ones normal range



HOW CAN WE ALLEVIATE THE SYMPTOMS?

- Use strategies to calm oneself such as the 7/11 breathing technique
- Physical activity
- Getting ones emotional needs met
- Use Emotional Intelligence to manage emotions
- If symptoms persist always seek professional help



15% DISCOUNT

To support World Mental Health Day we are offering a 15% discount on any one to one Therapeutic Coaching bookings made in October. Just quote code WMHD22 when you get in touch.



SIGN UP TO OUR NEWSLETTER FOR ADDITIONAL RESOURCES

GIVE US A CALL 07881 577 955

SEND US AN EMAIL

hello@yellowtreewellbeing.com