# WHAT IS TRAUMA?

Trauma is when something happens that feels extremely scary, dangerous, or overwhelming. It can be a single event, like a serious accident, a natural disaster, or the loss of someone important. It can also be something that happens over time, like being treated badly, growing up in a stressful environment, being bullied or feeling unsafe for a long time.

Although trauma can often be a bad experience or set of experiences that happens to us, trauma can also be the good things that don't happen to us like not being shown love and care from our parents.

Trauma isn't just about what happens—it's about how it affects you. Two people can go through the same thing, and one might find it traumatic while the other doesn't. That's because trauma is personal—it depends on how your brain and body react to the experience.

**No matter how hopeless things have become, even when you are certain things can not get better, there is ALWAYS hope!**

Grow With Hope