

# HOW TRAUMA CAN IMPACT US

Trauma can have lasting effects on thoughts, feelings, and even the body. Some people might feel anxious or angry more easily. Others might feel numb, or disconnected. These reactions aren't a choice—it's the brain trying to protect you from danger, even if the danger isn't there anymore. Here are just some of the ways trauma can impact us -

**Poor Memory**



**Shame or guilt**



**Depression**



**Anxiety**



**Low self esteem**



**Struggle to relax**



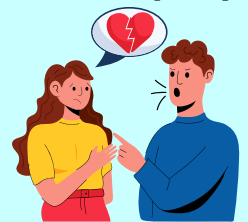
**Flashbacks**



**Physical illness**



**Struggle to trust people**



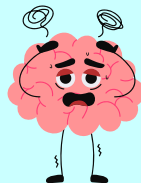
**Other mental health struggles**



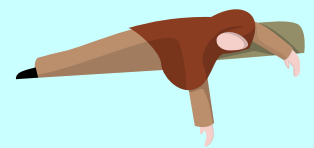
**Sleeping difficulties**



**Poor concentration**



**Fatigue**



Healing from trauma is possible, but it takes time. Some people find that talking to someone they trust, learning coping skills, or getting professional support can help. If something from the past is still affecting you, you don't have to deal with it alone—there are people who care and want to support you.

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

