What does trauma look and feel like?

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|  | Trauma is different for different people |
|  | Trauma can change what you do |
|  | You might stop doing things you usually do |
|  | You might eat more or less |
|  | You might have trouble sleeping |
|  | You might drink, smoke, or take other drugs |
|  | Trauma can change how you feel |
|  | You might get upset or grumpy |
|  | You might want to be alone |
|  | You might feel numb |
|  | You might be afraid |
|  | Trauma can change how you think |
|  | You might forget things |
|  | You might think about the event too much |
|  | You might get confused |
|  | Trauma can change what your body does |
|  | You might feel tired |
|  | You might feel sick or sore |
|  | You might sweat |
|  | When something bad happens, it is normal to feel bad |
|  | Mostly, you will feel better over time |
|  | Trauma can make you feel bad for a long time |
|  | To get better talk about the trauma with people you feel safe with |