










What does trauma look and feel like?

	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



	<p>Mostly, you will feel better over time</p>
	<p>Trauma can make you feel bad for a long time</p>
	<p>To get better talk about the trauma with people you feel safe with</p>