



What does trauma look and feel like?

Trauma feels bad. It can make you feel sad, ashamed, guilty, angry or numb. It can change how you think or make you confused. It can mean your body doesn't work as it should. It can change how you act.

How trauma looks and feels depends on:

- what happened and how bad it was
- whether you got support
- other things happening in your life
- if you've had trauma before
- if you're living with disability.

Examples of how trauma looks and feels

How you act

You might:

- stop normal routines
- eat a lot more or a lot less
- drink, smoke or take other drugs to try not to think about bad things
- have problems sleeping
- protect other people
- stay in a safe place.

How you feel

You might:

- be on 'high alert'
- be cut off from your feelings
- want to be alone
- be moody
- get upset and maybe not understand why
- feel
 - afraid, anxious or panicked
 - tired



- grumpy
- helpless
- like you're in shock
- guilty or ashamed about things that weren't your fault
- like the danger is still there.

How you think

You might:

- find it hard to concentrate
- forget things
- think about the event way too much
- get confused
- just stare into space.

What your body does

You might:

- feel really tired
- sleep badly
- feel sick or dizzy
- vomit
- get headaches
- sweat a lot
- be in pain for a long time.

When something bad happens, it is normal to feel bad. Mostly, you will feel better over time. But trauma can make you feel bad for a really long time.

It will help you get better if you have:

- honest talks about the trauma with people you feel safe with
- support from your family, friends, support workers or carers.