How trauma gets better

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|  | When trauma happens, you might feel like things won’t get better |
|  | But traumacan get better |
|  | Trauma happens because your brain gets stuck |
|  | Getting better takes time |
|  | Getting better is different for everyone |
|  | The best way to get better is to make a plan |
|  | It’s okay to think about something bad that happened |
|  | It’s okay to be sad or angry |
|  | Exercise can help you feel better |
|  | It will also help you sleep |
|  | Also, eat good food and don’t drink much alcohol |
|  | Doing fun things helps you get better |
|  | Things like art, craft or music can help you feel better |
|  | You might want to be alone |
|  | But it’s good to be with people who care, too |
|  | You don’t have to talk about hard things |
|  | But it can help to talk about what happened |
|  | It may be hard but it will help you get better |
|  | A counsellor can support you |
|  | They understand what is happening to your brain |
|  | They can help you get better |
|  | It’s okay if you want a different counsellor |