










How trauma gets better

	When trauma happens, you might feel like things won't get better
	But trauma can 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