



How trauma gets better

When trauma happens, you might feel like things will never get better.

But trauma can get better.

Trauma happens because your brain gets stuck in thinking patterns. Your brain has more time to get stuck if your trauma happened:

- over a long time
- when you were young.

Getting better takes time and is different for everyone.

When you get better, you will have new ways of thinking about what happened. You might feel stronger and smarter.

The best way to start getting better is to make a plan and break it into small steps.

Tips for getting better

Accept your feelings

Know that:

- you have been through something upsetting or frightening
- it's normal to react strongly
- you are dealing with a big challenge
- you may not feel like your 'normal self'.

You might have a mix of feelings like shock, anger or guilt – sometimes all at once. This is normal. Accepting these feelings will help you get better.

Look after your body

Trauma can make you feel stuck, so move – do chores or exercise. Maybe go outside. Think about your body moving. Music can help.

Moving will help you sleep better.



Moving and sleeping connect your thinking, your feelings and your body.

It's also good to eat healthy food and not drink much alcohol.

Have fun and be creative

Doing something fun with people you trust helps you feel better.

Doing something creative helps unstick your thinking. Maybe do some art or craft.

Spend time with people

You might want to be alone but it's good to be with people, too. Family, friends, carers and counsellors can support you. Spend time with people who care – or phone them. You don't have to talk about hard things.

Talk

It can help to talk about what happened with someone you trust. It may be hard but it will help you get better.

Get help

Getting better can be hard. It might be scary, painful and confusing. A counsellor can support and guide you. Counsellors understand what is happening to your brain. They can share this information with you to help you get better.

If your counsellor is not the right person for you, it's okay to choose another one.