

What is Trauma?

Trauma is a normal response to an abnormal event. Trauma can be related to an accident, violent event, significant loss, or natural disaster. Responses to trauma can be unpredictable emotions, changes in thoughts or behaviors, sensitivity to stimuli, strained relationships, physical symptoms.

How to Manage Trauma:

Acceptance that your response to the event is valid. Face your feelings instead of avoiding them in a safe and supportive environment. Prioritize self-care; eating regularly, sleeping, and exercise. Enter into counseling with a trauma-informed professional.

When Trauma Becomes Problematic:

Not everyone needs or will benefit from counseling, each trauma is different. It is important to see help if symptoms begin to interfere with work, family, and daily ability to care for self.

Affirmations for Trauma:

You are not your trauma.

It is okay to have a bad day, week, or month.

Healing is not linear.

**You have the right to acknowledge your feelings
without having to justify them.**

I am courageous, I am whole, I stand in my power.

Write your own affirmation:



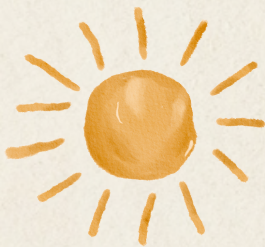
Writing for Stress Relief

Write what you imagine is beyond the hill.



General Coping for Trauma

Develop of toolbox of breathing, meditation, and relaxation skills.



Give yourself time to heal and mourn any experiences or loss, and ask for support.

Avoid using alcohol or drugs with may prolong or bury the symptoms and healing process.



Write your own coping skills:



Reach out for Professional Help:

Whether or not we are the right fit for your unique needs, we are here to provide support on your journey.
You matter.

Contact us at 330-426-7885, or visit our website www.CYOPInc.org for more information and resources.

A little bit about us:

Carve Your Own Path, Inc. offers an evidence-based, trauma-informed, inclusive, community approach to mental health and well-being through holistic wellness services, education, and consultation services.

We envision a world where individuals seek wellness services without fear of judgment, and communities are empowered to thrive together.