

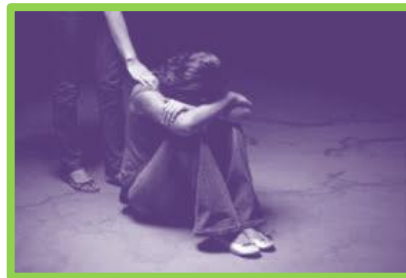
## Fact Sheet Trauma

Trauma is a response to a negative event that occurs when both internal and external resources are inadequate to cope. It's a result of an event that causes distress, injury and/or harm to those who are either directly or indirectly involved. Trauma can affect anyone of any race, culture, nationality, age, gender, sexual identity, socioeconomic class or religion. It can have both short and long term effects and has the potential to disrupt an individual's ability to function in society

*The word trauma comes from 17<sup>th</sup> Century Greece and means 'wound'*

### Signs

- ❖ Changes to eating habits
- ❖ Weight loss/gain
- ❖ Changes to sleeping habits
- ❖ Chronic undiagnosed physical pain
- ❖ Low energy/fatigue
- ❖ Memory problems
- ❖ Concentration problems
- ❖ Poor decision-making/problem solving skills
- ❖ Extreme anxiety/fear
- ❖ Depression
- ❖ Irritable/aggressive
- ❖ Mood swings
- ❖ Emotional numbness
- ❖ Social withdrawal
- ❖ Regression/re-living of event
- ❖ Avoidance of talk/events/people associated with event
- ❖ Hyper-arousal/vigilance
- ❖ Abandonment issues
- ❖ Trust issues
- ❖ Poor self-esteem
- ❖ Compulsive/obsessive behavior



### Managing

- ❖ **Seek** professional help, support from family and friends
- ❖ **Accept** the things you cannot change and your journey
- ❖ **Learn** about trauma/triggers, how to deal with it/coping skills and how to heal

### Effects

- ❖ Psychological wellbeing
- ❖ Emotional and physical health
- ❖ Family/friend support
- ❖ Romantic relationships
- ❖ Ability to build relationships with other/trust
- ❖ Work
- ❖ Substance use
- ❖ Lifestyle
- ❖ Beliefs/values
- ❖ Perception of the world/your surroundings
- ❖ Other diseases/ disorders (eg PTSD)

Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit our resource page at [www.zontahouse.org.au](http://www.zontahouse.org.au)