

Emma Winters

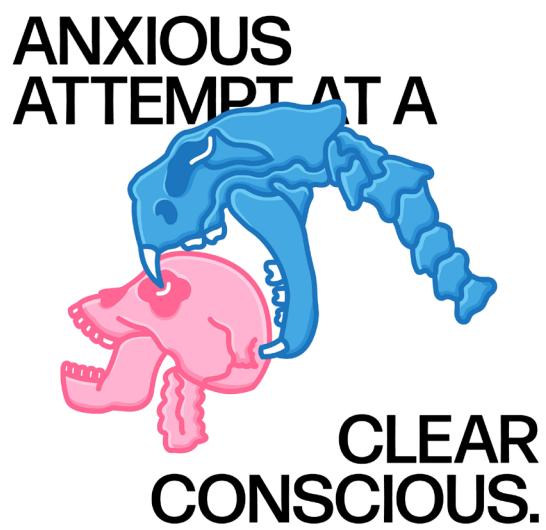
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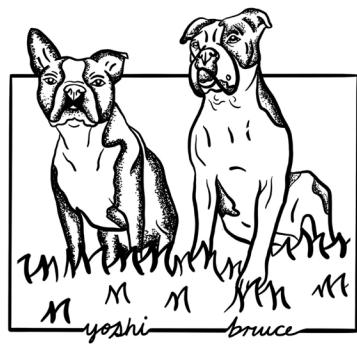
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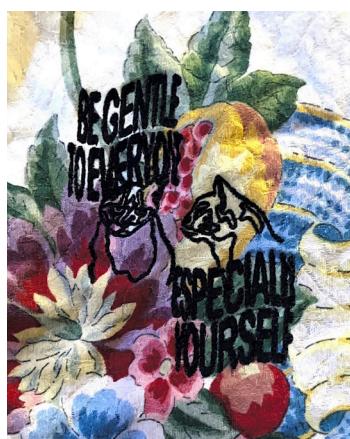
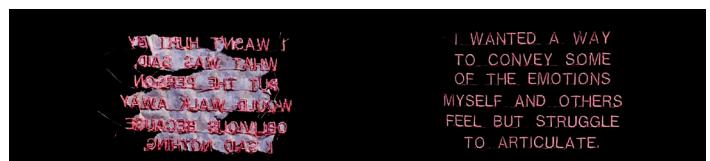
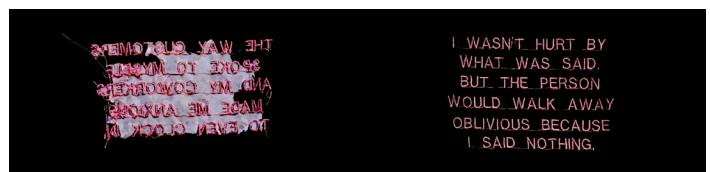
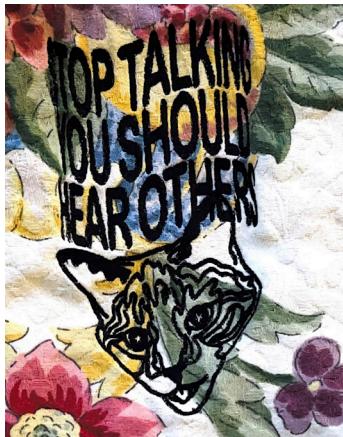
Emma Winters
Vector Illustrations
Summer 2022



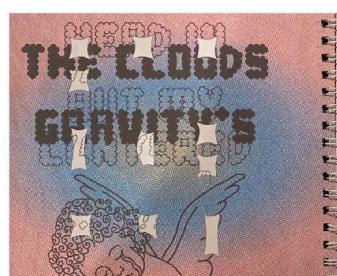
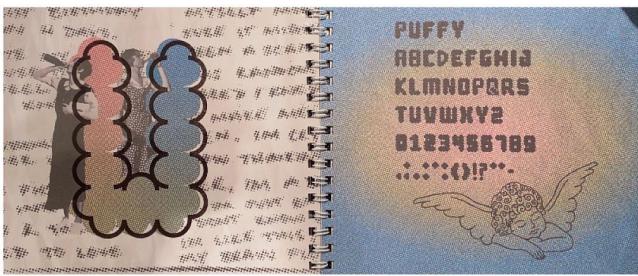
Emma Winters Commissions Spring 2022



Emma Winters
“Let Me Be Clear”
Spring 2022



Emma Winters
“Puffy” typeface + publication
Fall 2021



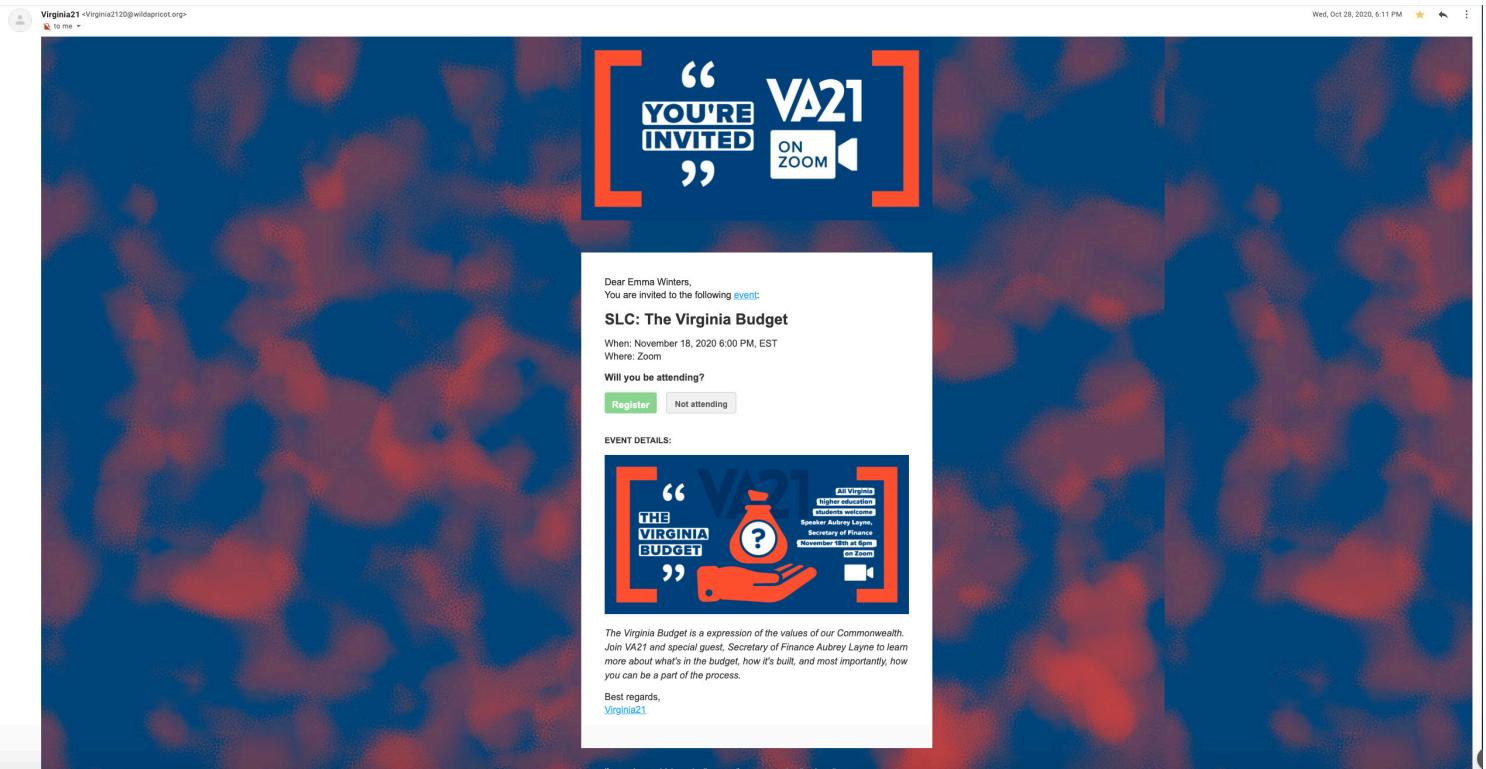
Emma Winters
Senator Ghazala Hashmi Internship
Spring 2021



Emma Winters

Virginia21 Graphic Design Internship

Fall 2020



Emma Winters

“Product of the 2000s”

Fall 2020



Emma Winters

Publication

Spring 2020



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How Triggers Work

One of the functions neglected during a fight or flight formation is short-term memory formation.

In some cases, a person's brain may miss the traumatic event in its memory storage. During this time, the person may never even know what happened, and the situation is labeled as a "faint" or "blown off."

When a person is reminded of the trauma, their body acts as if the event is happening, reverting to fight or flight mode. Functioning as triggers, these sensations, which are put on hold, are put back into play.

Another theory is that triggers are cues that remind people of past events that involve the same.

Sensory information (lights, sounds, and smells) can trigger a person's memory. The more sensory information is stored, the easier it is to recall.



The exact brain functioning behind triggers is not fully understood.

However, there are several theories about how triggers work.



Memory
is the faculty by which the brain encodes, stores, and retrieves information.

It is a record of experience for guiding our action.

Human process stimuli first into memory; that object quickly, they have more detail than typically hold in the brain for later retrieval.

Next, the data is transferred to long-term memory, which allows someone to remember over and hold key details in their mind.

Finally, people store patterns in their long-term memory.

Triggers
Everyone has triggers that influence their moods and behaviors, whether we are living with a mental illness or not.

Memory is malleable, and many researchers believe it can be improved.

But it also tends to distort reality as people age and it can be corrupted by damage to the brain, brain injury, trauma, or exposure.

People without impairment, human memory is relatively untrustworthy.

We generally know this word triggers us to mean an event, but not something to happen.

When we apply this idea to mental health, it is the brain that contributes to a change in a person's thoughts, feelings, or behavior.

The brain is associated with the onset of a mental illness and is called a trigger.

Reminders of that initial event, a particular sound, interaction or location that cause symptoms to surface are also triggers.

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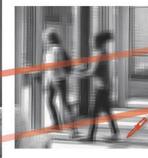


How Do Triggers Affect Mental Health?

These triggers can negatively affect a person's mood, render them less interested in social situations, and negatively impact a person's ability to interact appropriately with others.

PTSD is triggered by an exposure to sexual or nonsexual trauma, such as sexual assault, sexual harassment, or a traumatic event.

Professional help is usually needed to gain control of triggers and develop plans to deal with triggers to avoid relapse.



When experiencing triggers is a challenge for people dealing with mental health issues, talk to your doctor, like at WellSpan.

Understanding these triggers can be an important part of helping patients to gain a sense of control over how their mental health affects their lives.

The key is to anticipate triggers before they don't come as a surprise, and to have a coping strategy to deal with them.

If you are dealing with triggers, it is important to talk to your doctor, like at WellSpan. If you are in a crisis, call 911 or go to the nearest emergency room. If you might encounter triggers, try the following ways to cope:

Be aware of your surroundings.

Use coping strategies.

Develop a plan to deal with triggers that come up after a triggering event.

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