

Emma Winters

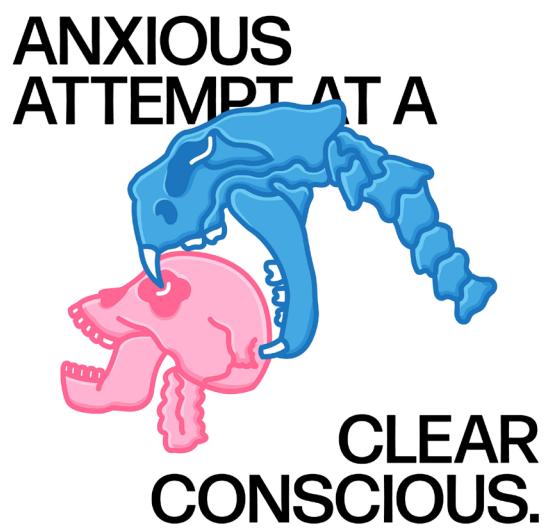
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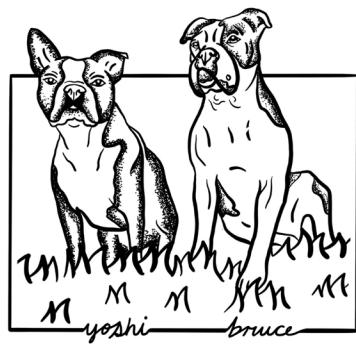
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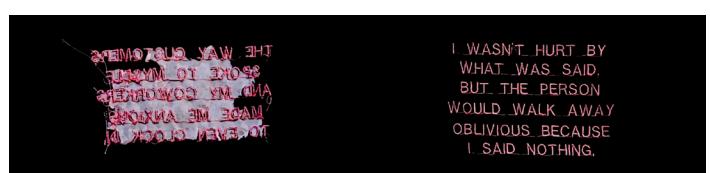
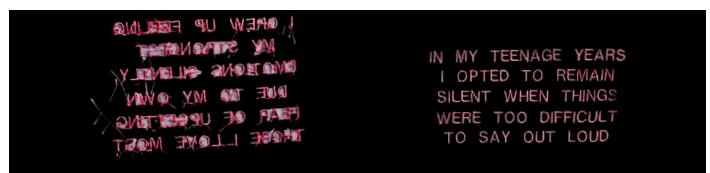
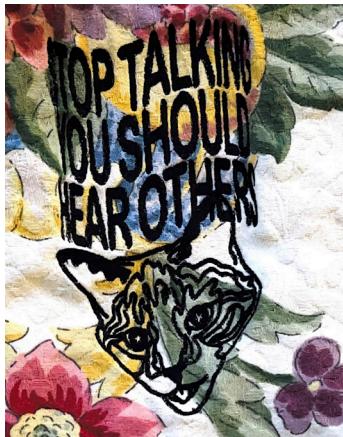
Emma Winters
Vector Illustrations
Summer 2022



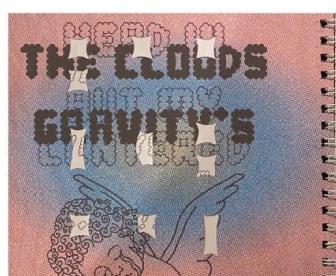
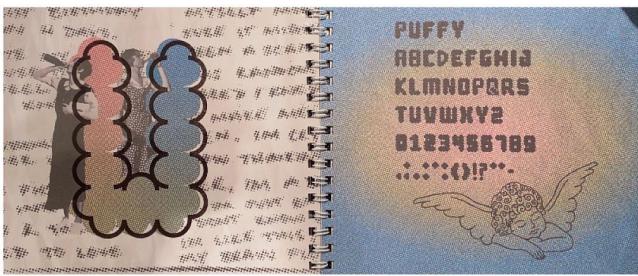
Emma Winters Commissions Spring 2022



Emma Winters
“Let Me Be Clear”
Spring 2022



Emma Winters
“Puffy” typeface + publication
Fall 2021



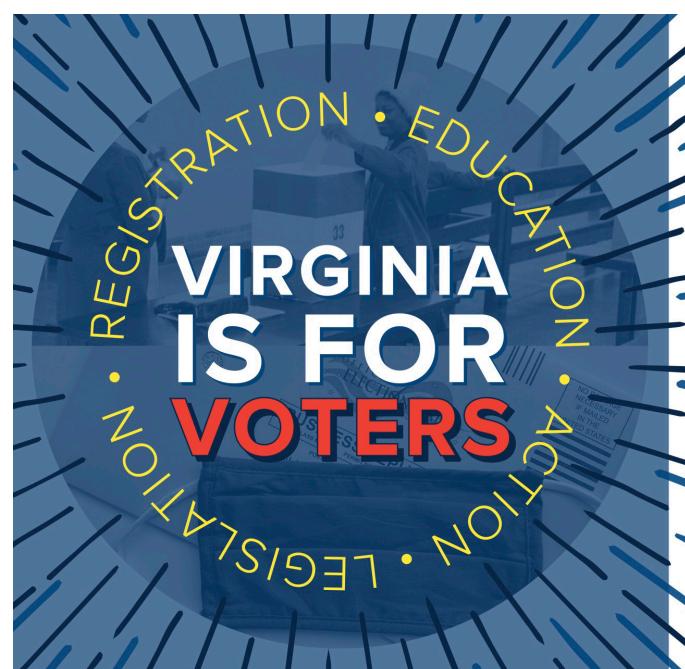
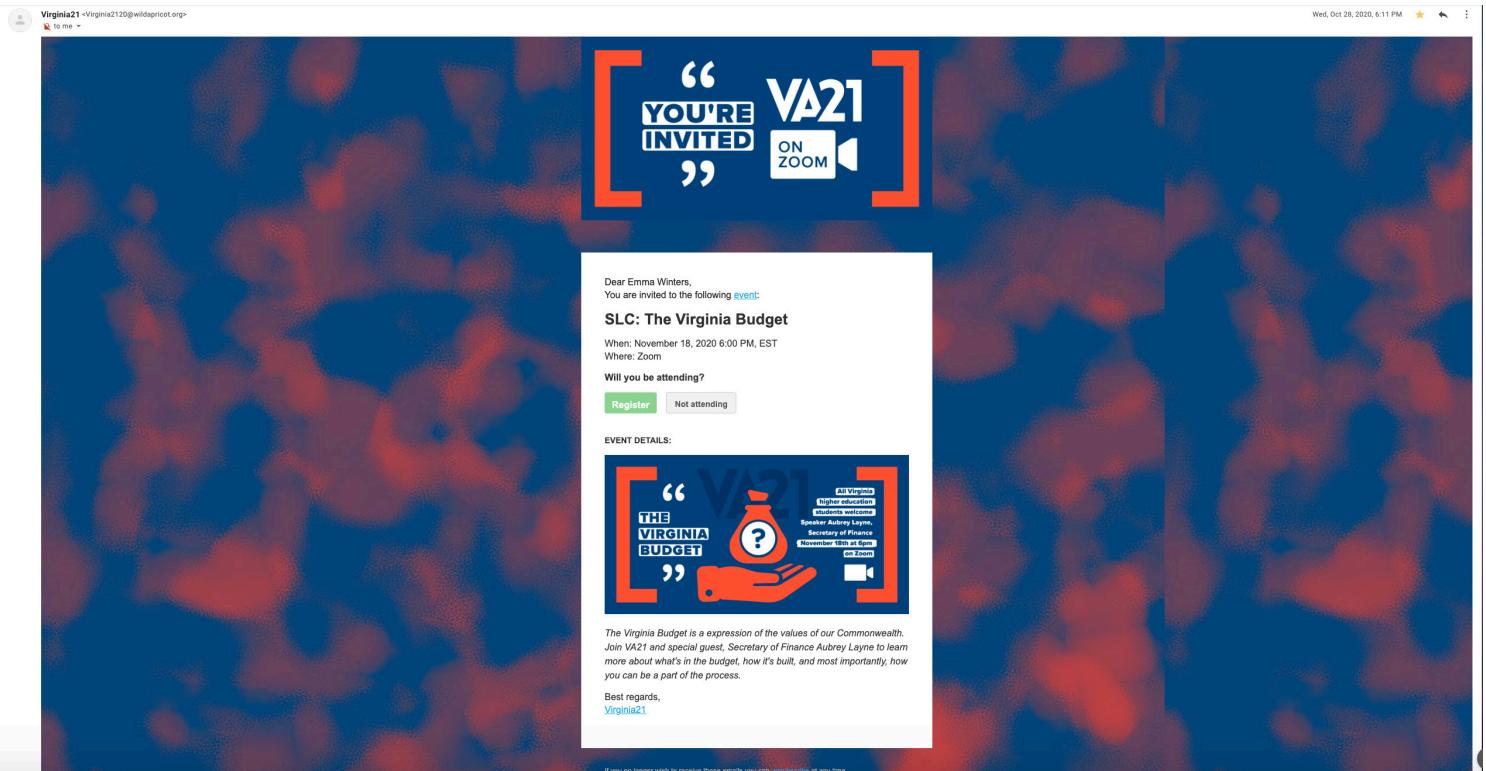
Emma Winters
Senator Ghazala Hashmi Internship
Spring 2021



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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.

During a traumatic event, the brain often forgets to store sensory memory. Even when a person encounters the same sensory information again, they associate the triggers with the trauma.

Habit formation also plays a strong role in triggering. People tend to do the same thing over and over again, so being the same patients save time from having to make decisions, are put on hold.

While experiencing triggers is a common issue for people dealing with mental health issues, understanding these triggers can help patients gain a sense of control over how their health affects their lives.



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.

also known as episodic semantic memory. This may vary from person to person report that they can remember an object quickly, they have more detail than typically hold in the brain for later retrieval.

Different areas of the brain affect different aspects of memory. The hippocampus, for instance, is responsible for memory, which helps the nervous system map the surroundings and find its way back to a known place.

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

But it also tends to do the opposite, as people age and it can be corrupted by damage from a brain injury, trauma, or exposure.

Even without impairment, human memory is inherently unreliable.

We generally know this word triggers to mean an event that causes 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 a trigger.

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

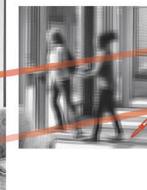
How Do Triggers Affect Mental Health?

These triggers can trigger panic or fear and cause avoidance of the triggering moment.

These memories and thoughts negatively impact a person's mood, render them less interested in social situations, and negatively impact their self-esteem.

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

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



the first time a person experiences a trigger, they may feel afraid, anxious, or angry. These feelings can lead to avoidance of the triggering moment.

These memories and thoughts negatively impact a person's mood, render them less interested in social situations, and negatively impact their self-esteem.

PTSD is triggered by an exposure to sexual or nonsexual trauma, such as injury, sexual assault, or other 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 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 have a coping plan or coping strategy to deal with them.

If you are dealing with triggers, it's important to reach out for help. If you're not sure where to start, talk to your doctor, like at WellSpan.

When triggers occur, it's important to have a plan in place. If you're not sure where to start, talk to your doctor, like at WellSpan.

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