International Day of Remembrance and Tribute to the Victims of Terrorism: Coping with Trauma

Trauma is a human reaction to experiencing or witnessing a traumatic event. These events can include violent acts, natural disasters, serious illness or injuries, sexual abuse, and many other events that feel shocking or disturbing.

# The Signs and Symptoms of Trauma

Within the days or weeks that follow the traumatic event, a person may find themselves on a rollercoaster of confusing thoughts, emotions, and memories as their brains attempt to process and cope with the trauma. While trauma can look different in everyone, there are a few common signs and symptoms one may find themselves experiencing. These include:

* Feeling anxious, nervous, jumpy, or paranoid
* Sadness
* Guilt
* Anger
* Changes to sleeping and eating habits
* Social withdrawal
* Flashbacks or nightmares related to the event
* Low mood
* Avoiding situations that may remind the person of the traumatic event

For most people, these signs and symptoms will begin to fade with time. However, a few may find themselves struggling to find healing, developing mental health conditions like anxiety or post-traumatic stress disorder (PTSD).

# Coping with Trauma

Fortunately, researchers have found a few effective coping mechanisms one can use to work through traumatic events. These include:

## Talking to Someone You Trust

Reaching out to loved ones for support may be critical in finding your healing. Accept your loved one’s support, help, and comfort as you navigate the difficult emotions and memories associated with the traumatic event.

## Allow Yourself to Feel Your Feelings

All healing takes time. As you ride out your rollercoaster of emotions, make sure to take the time to allow yourself to feel what you are feeling. Every emotion, no matter how confusing, is valid when you are experiencing grief.

While it is completely normal to wish to avoid anything associated with the traumatic event, excessive avoidance can prevent you from being able to cope with the trauma in a healthy and effective way. Ease your way back into your daily routine as you cope with your trauma.

## Continue to Take Care of Yourself

Your brain’s resilience is dependent on your overall health and wellbeing. This is why it is so important to continue caring for yourself as you navigate your way through the trauma you have experienced. Work to [continue](https://www.fsis.usda.gov/sites/default/files/media_file/2021-02/strategies-self-care-resilience.pdf):

* Eating enough food
* Eating nutritious foods
* Moving your body
* Getting enough sleep

# Our Counselors are Here to Help

Trauma can take its toll on a person’s overall quality of life. If your trauma has been having a serious impact on your life or has lasted for an extended period of time, you may benefit from seeking the help of a mental health professional through trauma counseling. Our trauma counselors are here to help.

Working with one of our compassionate and experienced therapists will allow you a chance to navigate the difficult emotions and memories you may be experiencing, develop a deeper understanding of what you have and currently are going through, and learn health coping mechanisms to guide you in your journey to healing. [Contact](https://michiganpsychologicalcare.com/contact.php) us today.

**References**

<https://www.fsis.usda.gov/sites/default/files/media_file/2021-02/strategies-self-care-resilience.pdf>

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