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Mental Health & Trauma



Trauma is the person's experience of a situation – and how they think and feel about it afterwards. No two people will have the exact same reaction to a given situation and no reaction is wrong or shameful.

Lynn A. Kovic

Physical and mental health work together to create our overall health and well-being.

Working towards healing is good for individuals & communities and very important in the context of peacebuilding. Unaddressed trauma can show up in violence and carelessness towards other people.

The more we learn to address emotions in a helpful way, the easier it is to show compassion, form connections, and work together to mitigate hate speech and build a peaceful society.

Questions to Consider

- Growing up, where emotions and mental health were talked about?
- Who do you talk to when you need to talk about hard things?
- What small action could you take to make talking about mental health more acceptable in your community or home?

Peace starts within me

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