

# Trauma & Recovery

## Title: *"Healing from Trauma: What You Should Know"*

### Contents:

- **What is Trauma?**

Emotional pain after frightening, violent, or overwhelming events.

Experts say trauma can come from abuse, accidents, loss, or witnessing violence.

- **Normal Reactions:**

Nightmares, sadness, anger, fear, guilt. *These are not signs of weakness.*

Research shows these are common after trauma

- **Why it matters in Nigeria:**

According to global mental health organizations, high violence rates mean many Nigerians feel these symptoms.

- **Cultural Coping Tips:**

- Talk to a trusted elder or spiritual advisor.
- Pray or use faith-based support groups.
- Confide in a trusted friend (talking about it may help)!
- Journaling or expressive writing.

- **When to Seek Help:**

If feelings don't go away after weeks, therapy helps. Research shows therapy greatly improves recovery.