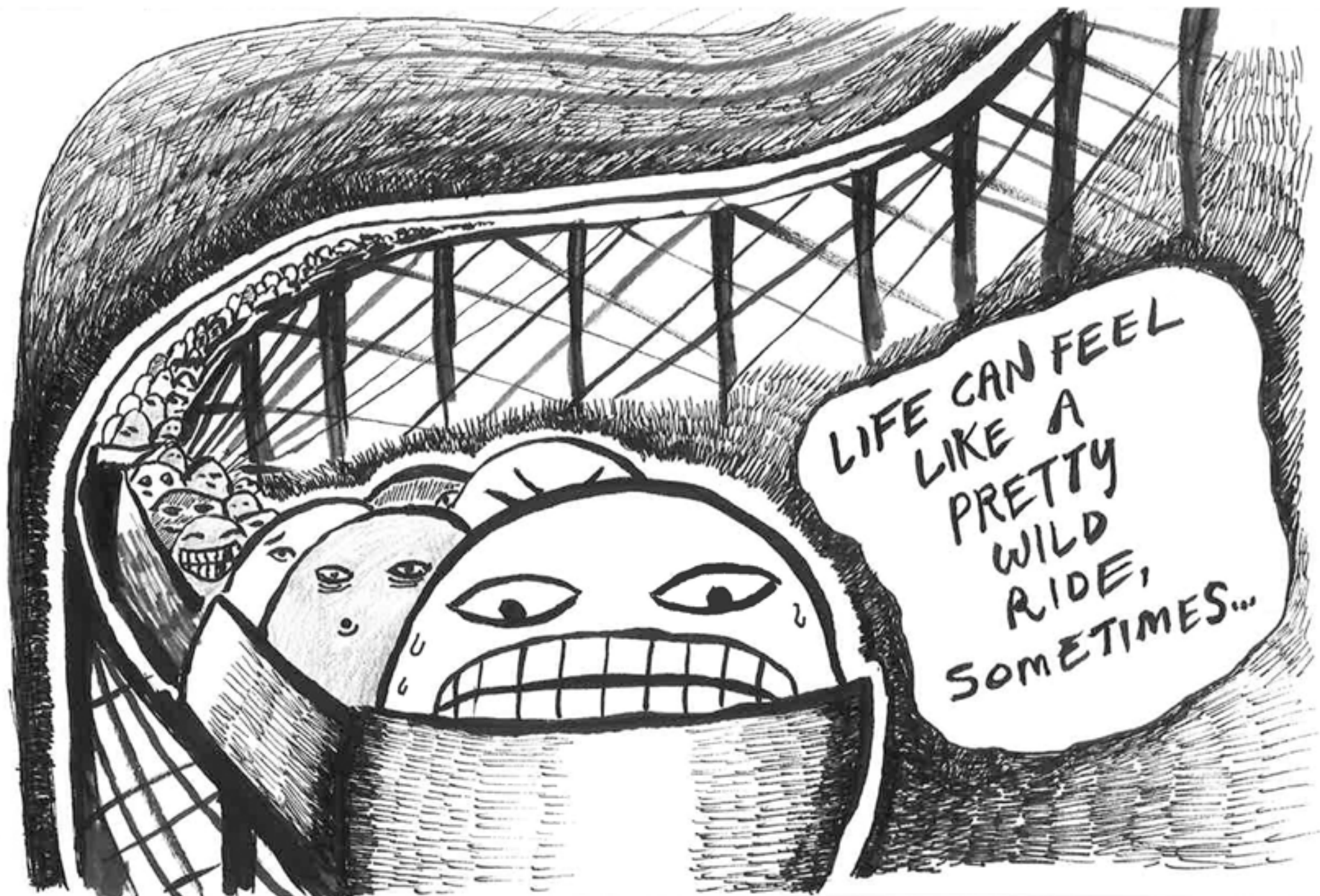


EVERYDAY HEALING

WORKING WITH TRAUMA





LIFE CAN FEEL
LIKE A
PRETTY
WILD
RIDE,
SOMETIMES...



THERE'S REALLY NO
TELLING

WHAT

SORTS OF THINGS
YOU'LL EXPERIENCE.

BUT THERE'S ONE EXPERIENCE
THAT AFFECTS US ALL IN A
VERY
UNIQUE, PECULIAR
WAY...

IT'S ACTUALLY
PRETTY MYSTERIOUS

WHEN YOU STOP AND
THINK ABOUT IT...





it's called
TRAUMA.

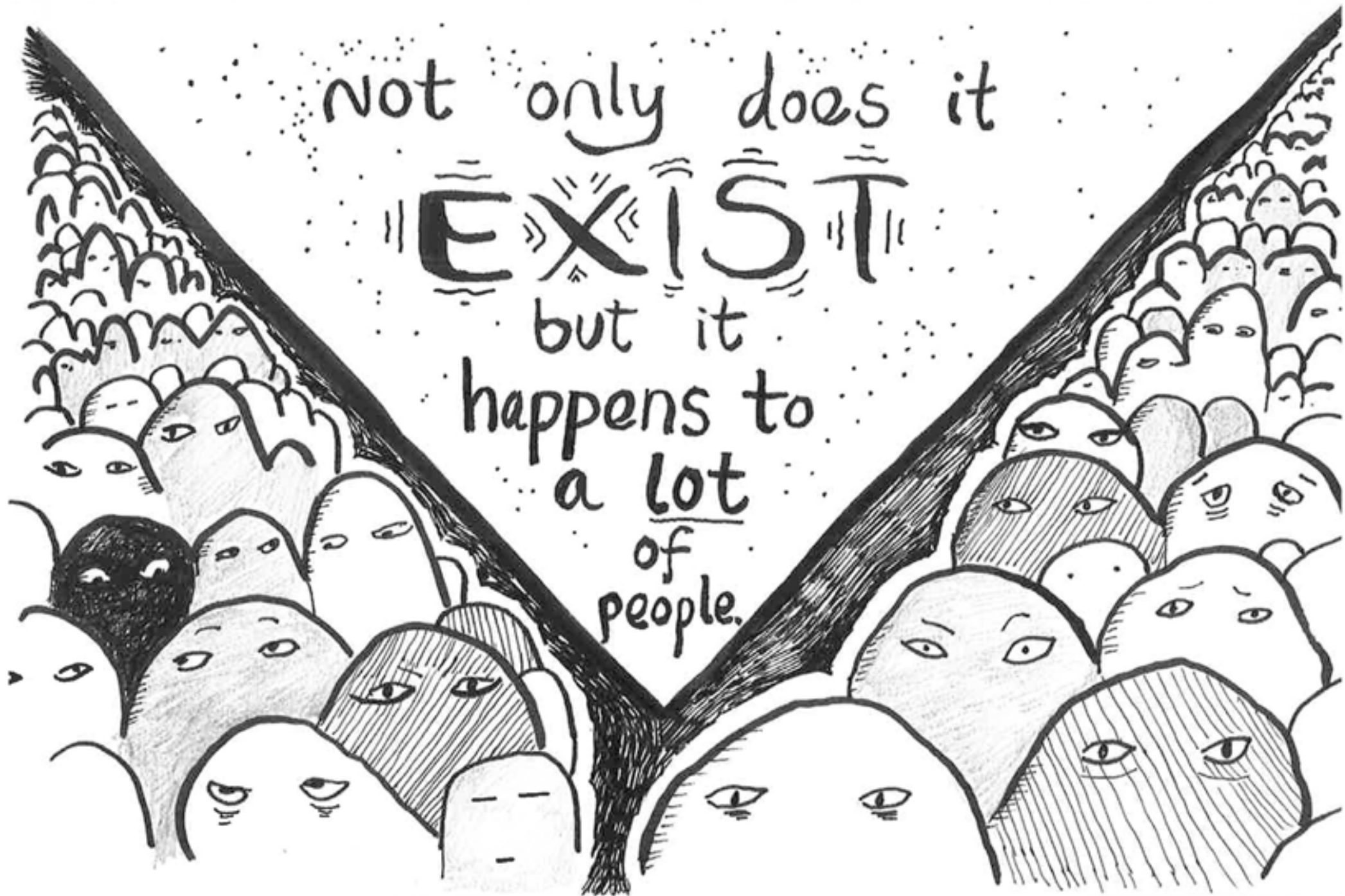


ΤΡΑΥΜΑ
ΕΥΧΙΣΤΩ.

not only does it

|| **EXIST** ||

but it
happens to
a lot
of
people.



IF IT'S HAPPENED TO YOU THEN
YOU PROBABLY KNOW IT FEELS
DOWNRIGHT TERRIBLE.

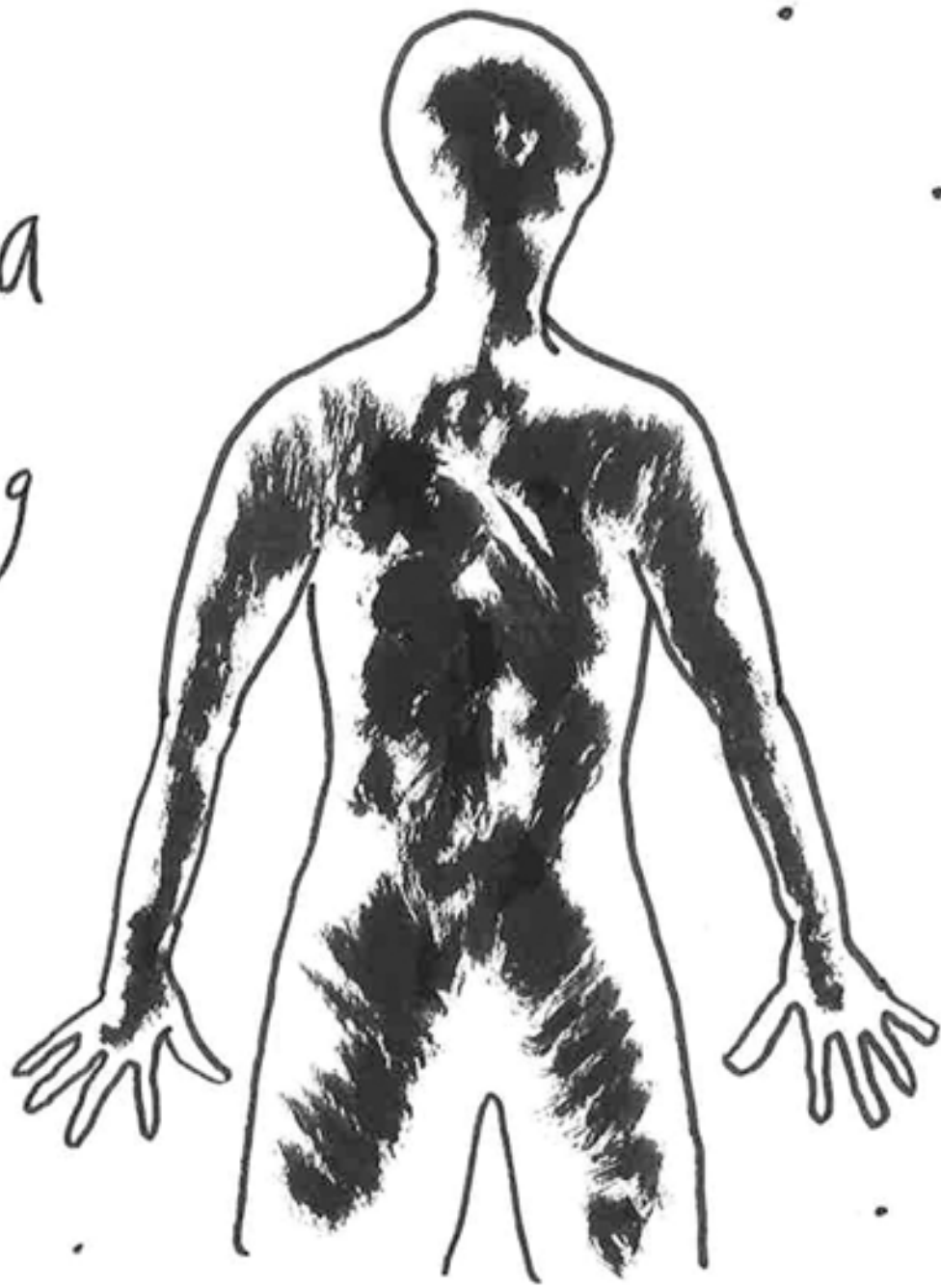


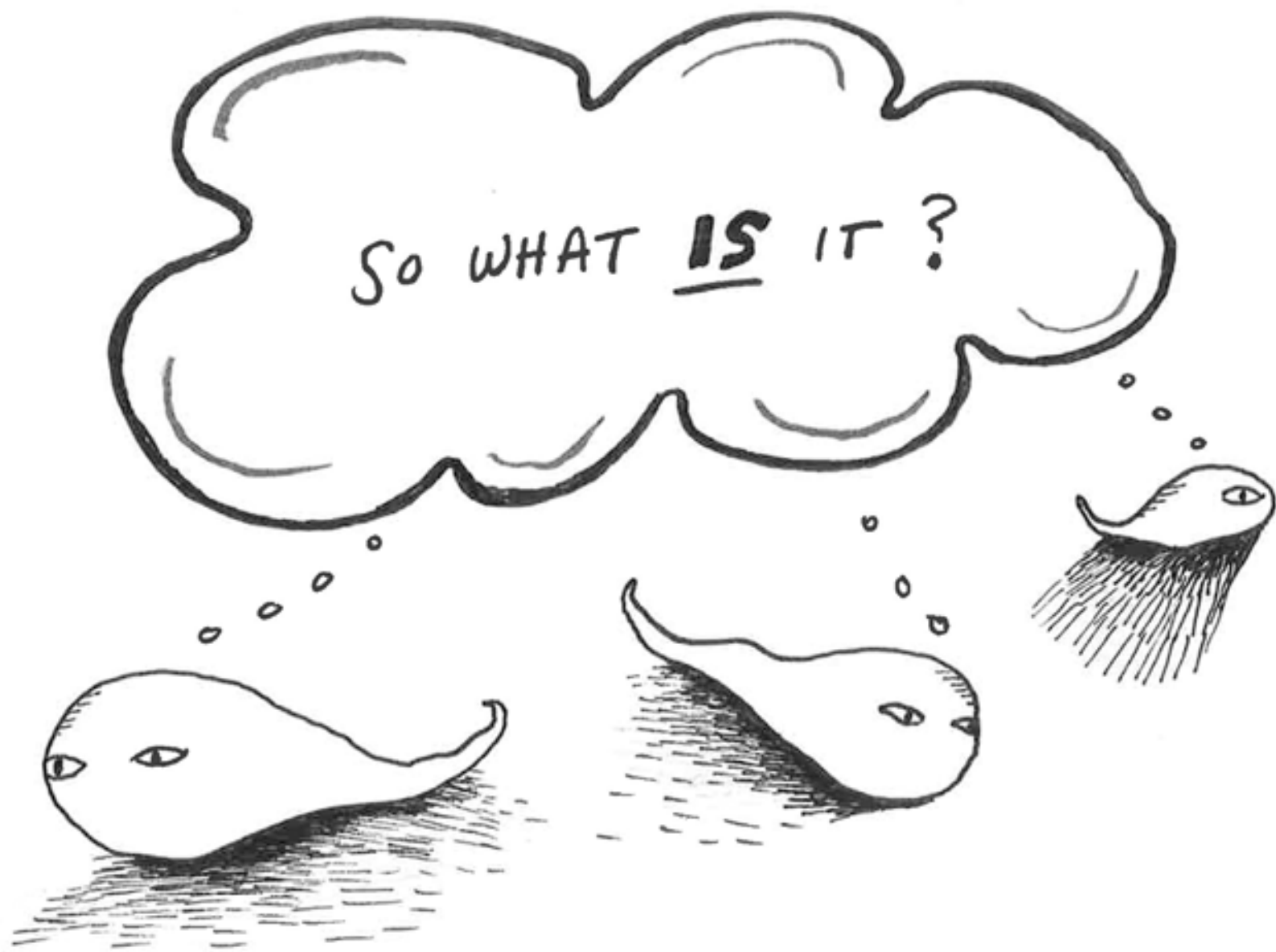
TRAUMA
CAN
HAPPEN
TO


ANYONE
BECAUSE
EVERYONE

HAS
A
BODY

and trauma
is something
that happens
inside the
body.







LOTS OF PEOPLE
HAVE SAID LOTS
OF STUFF ABOUT
TRAUMA!

BUT A VERY SIMPLE
WAY OF SAYING IT IS
THAT TRAUMA IS A
MESSAGE FROM YOUR
BODY TELLING
YOU...





MAYBE YOU WERE IN DANGER



OR YOUR BODY WAS UNDER THREAT

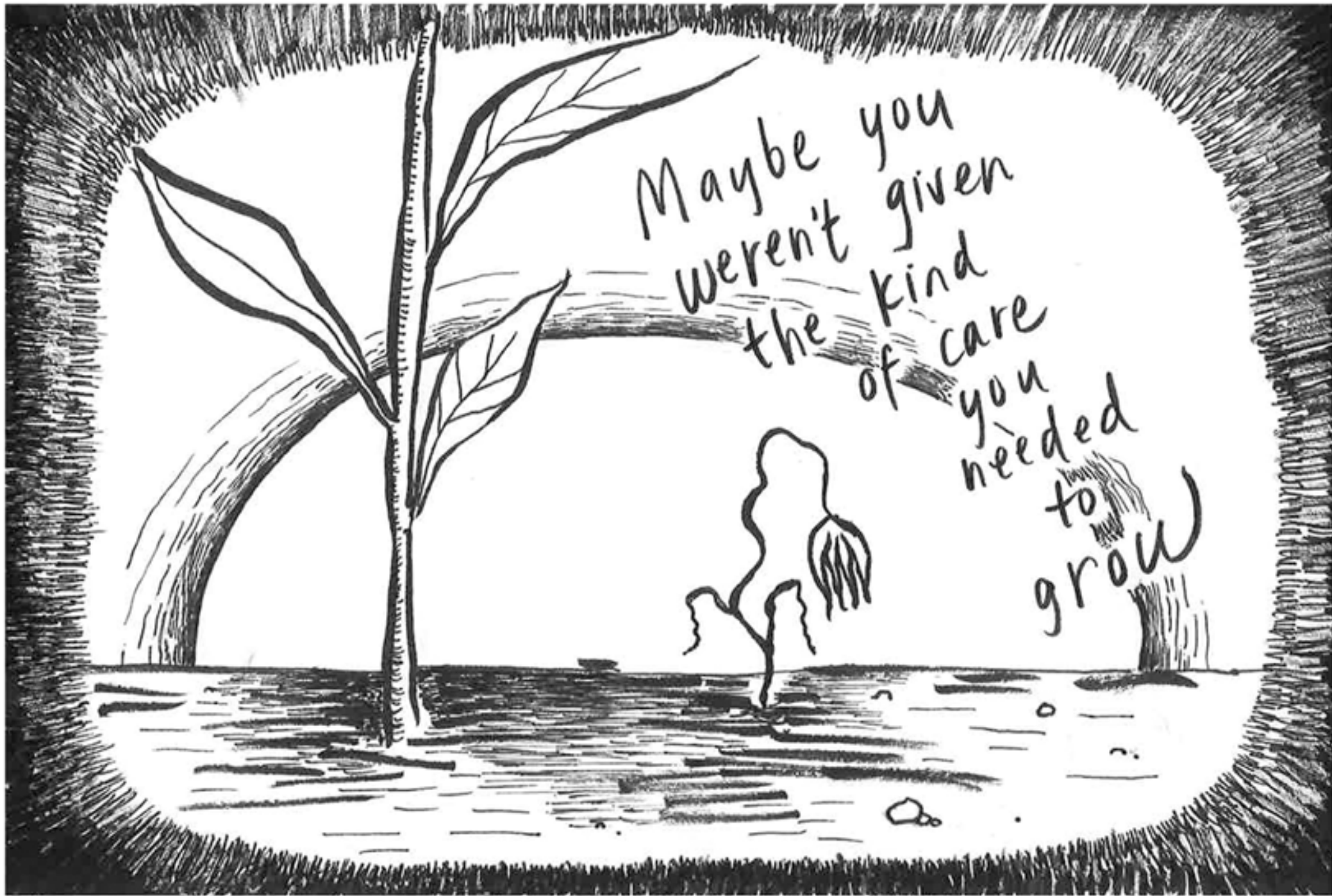
maybe something
really **SCARY**
happened

and you
didn't know



if you'd
be

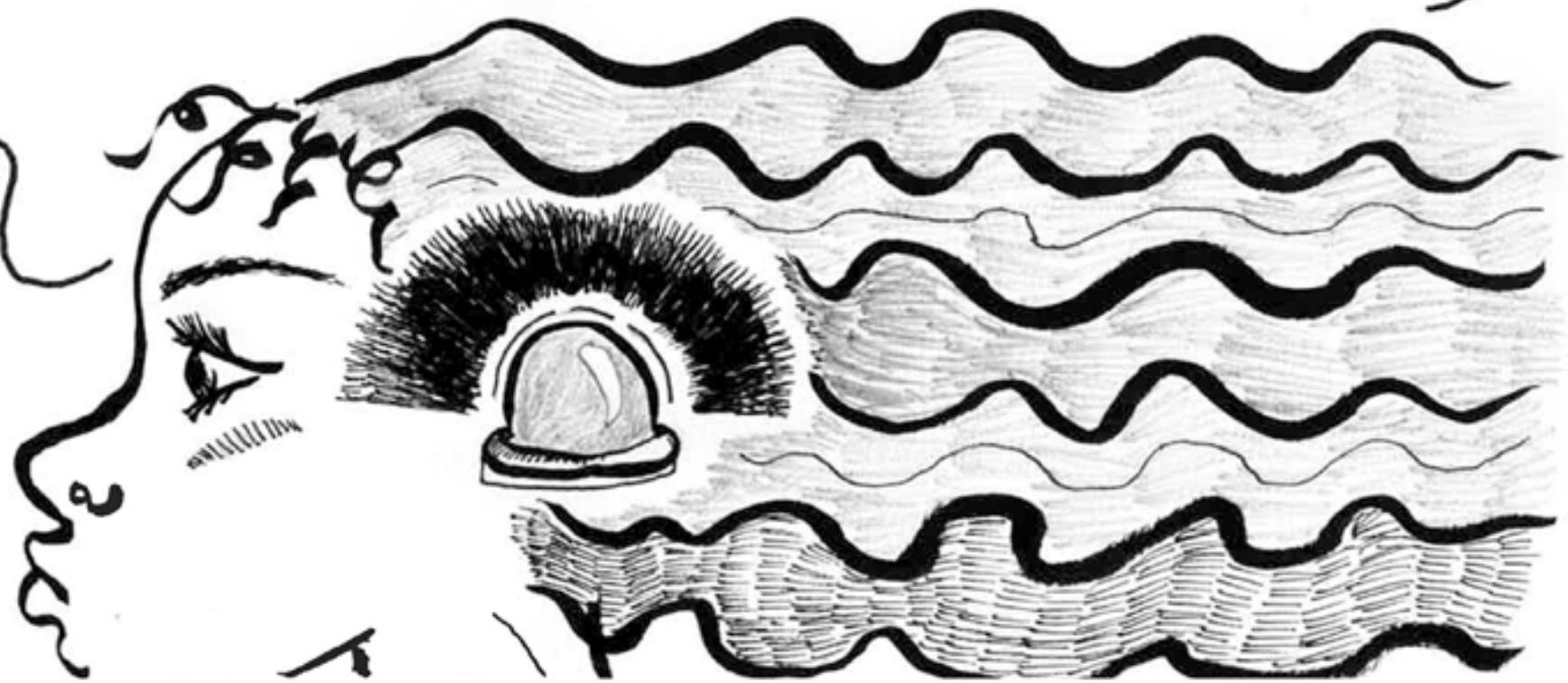


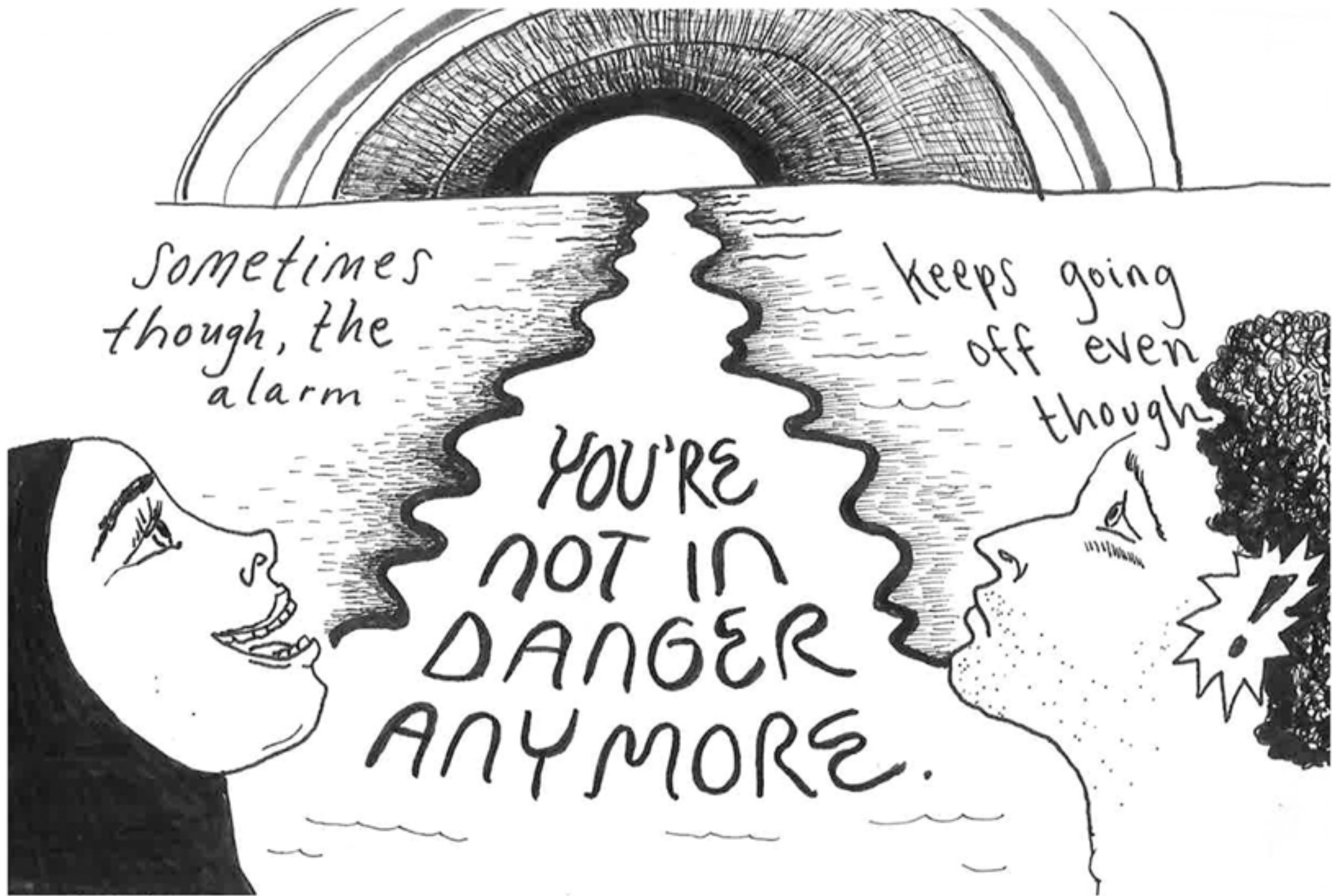


Maybe you
weren't given
the kind
of care
you
needed
to
grow



When you're not safe, the inner
alarm system in your brain
goes off until you're safe again.





Sometimes
though, the
alarm

keeps going
off even
though

YOU'RE
NOT IN
DANGER
ANYMORE.



this is

TRAU



M

Not A THING
happening
to
you ...



but a response
happening
in
you.



IT'S LIKE THAT ALARM IS
GOING OFF ALL THE TIME WHEN
THERE MIGHT NOT BE AN EMERGENCY.





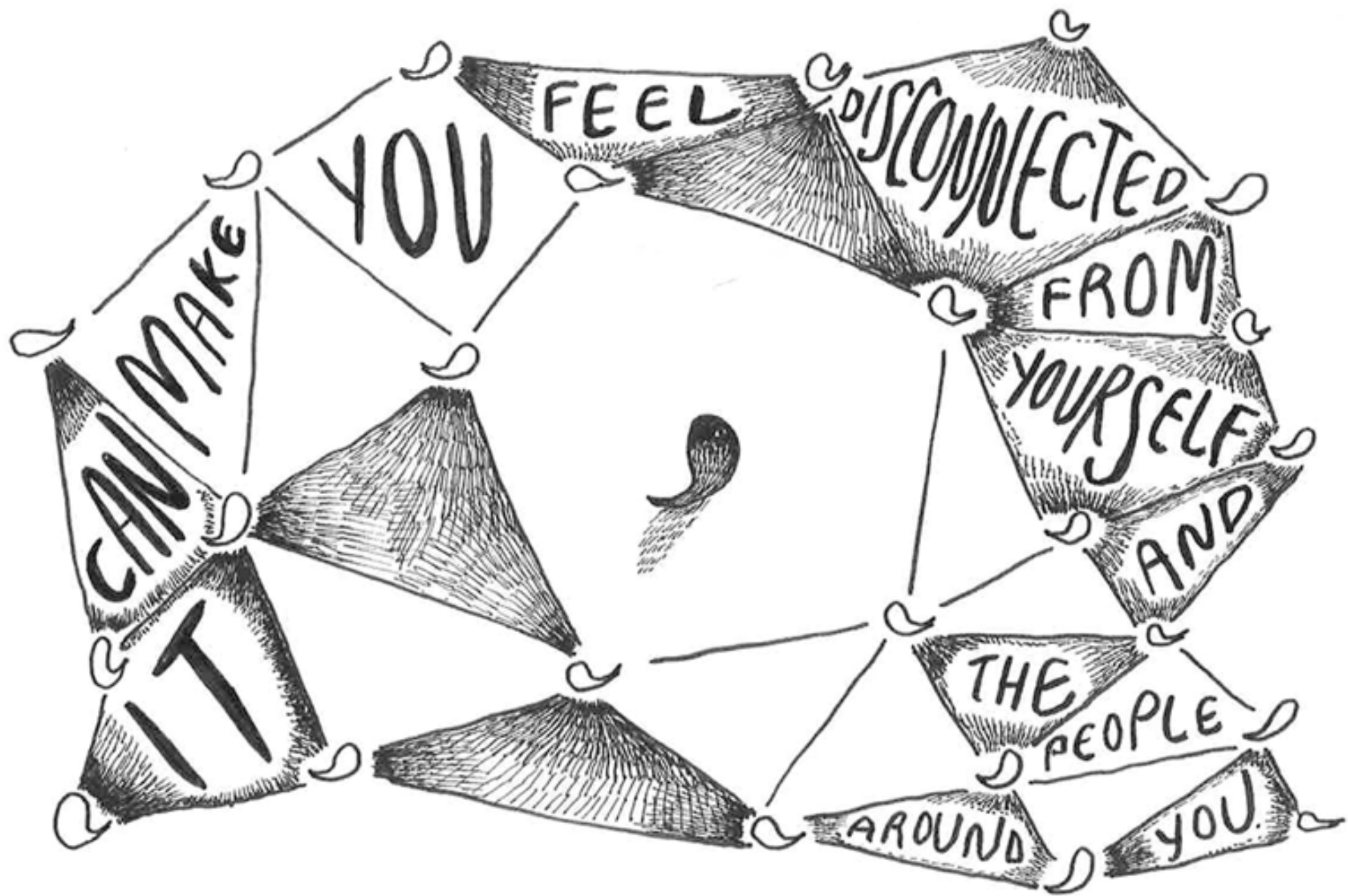
TRAUMA
CAN MAKE
LIFE FEEL
REALLY HARD.

IT CAN MAKE YOU
FEEL LIKE
YOU'VE LOST
SOMETHING



THAT
YOU
MAY
NEVER
GET BACK.







Your heart
might like it's getting
ready to

RACE

FIGHT

or





YOU MIGHT EVEN
FORGET WHERE
YOU ARE
SOMETIMES...

OR LOSE TRACK OF
TIME OR YOUR BODY
ALTOGETHER.





HEALING TRAUMA IS A PROCESS

(there are no
quick fixes!)



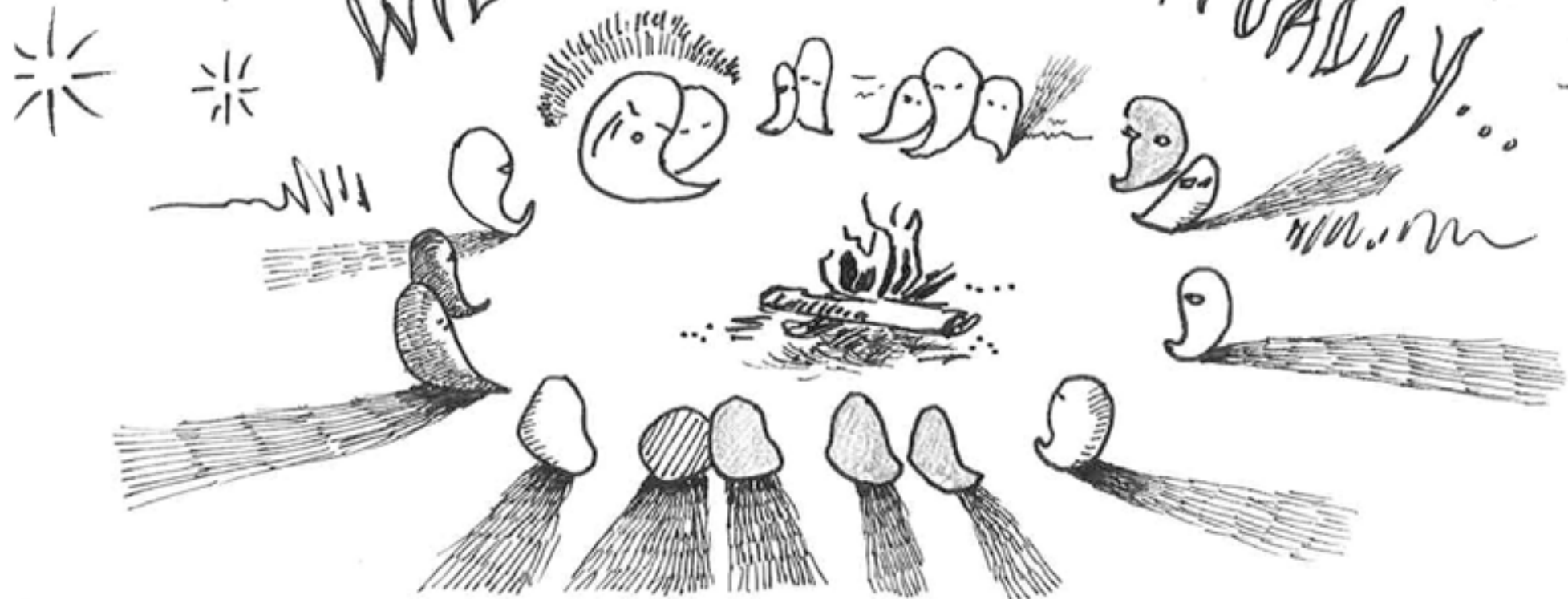


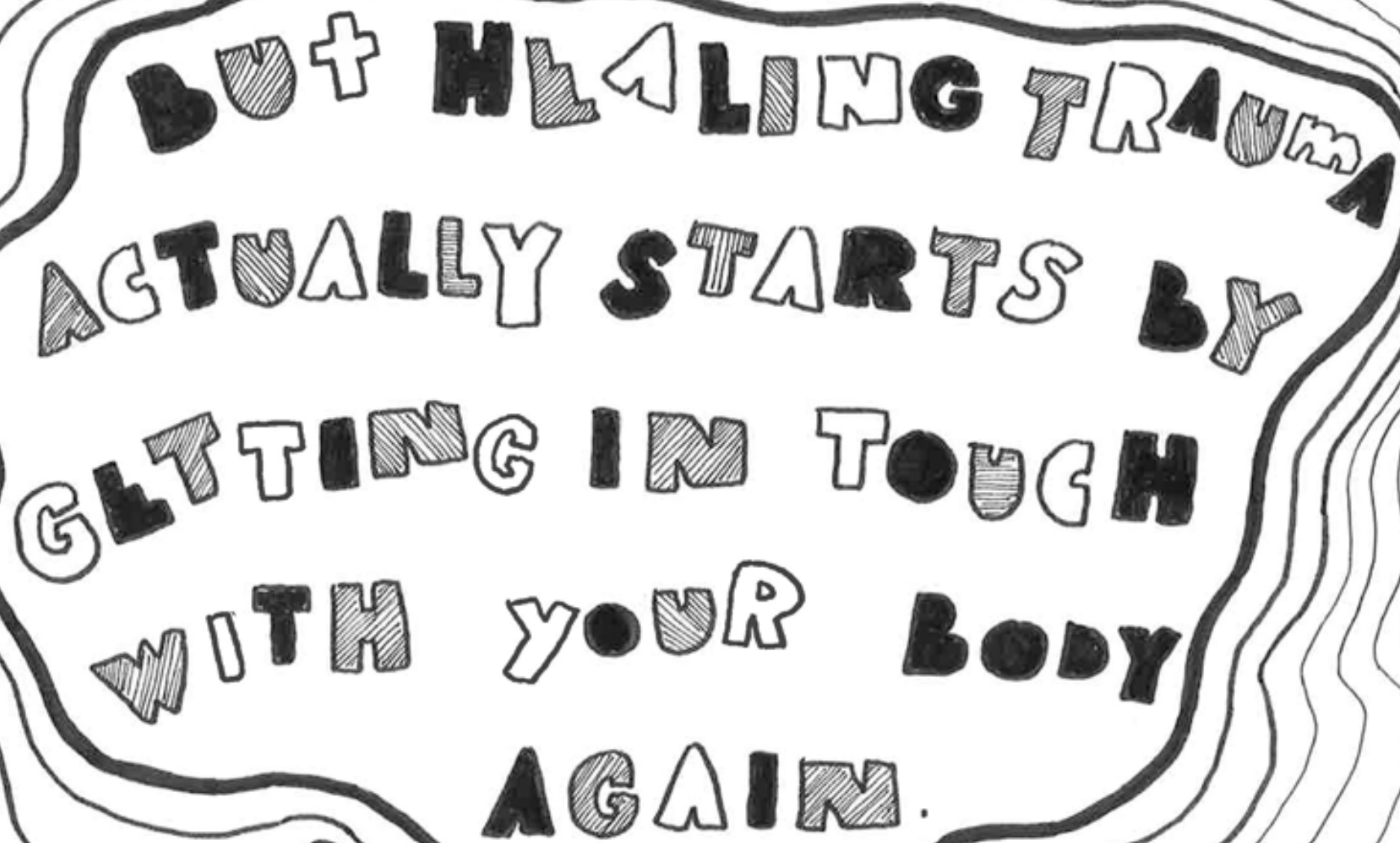
BUT

PEOPLE CAN

HEAL.

TALKING ABOUT THE
DETAILS OF YOUR STORY
WILL HELP, EVENTUALLY.





But HEALING TRAUMA
ACTUALLY STARTS BY
GETTING IN TOUCH
WITH YOUR BODY
AGAIN.

Yes, body.

YOUR



THE VERY BODY

THAT GOT

ALL MIXED
UP

IS THE SAME

ONE

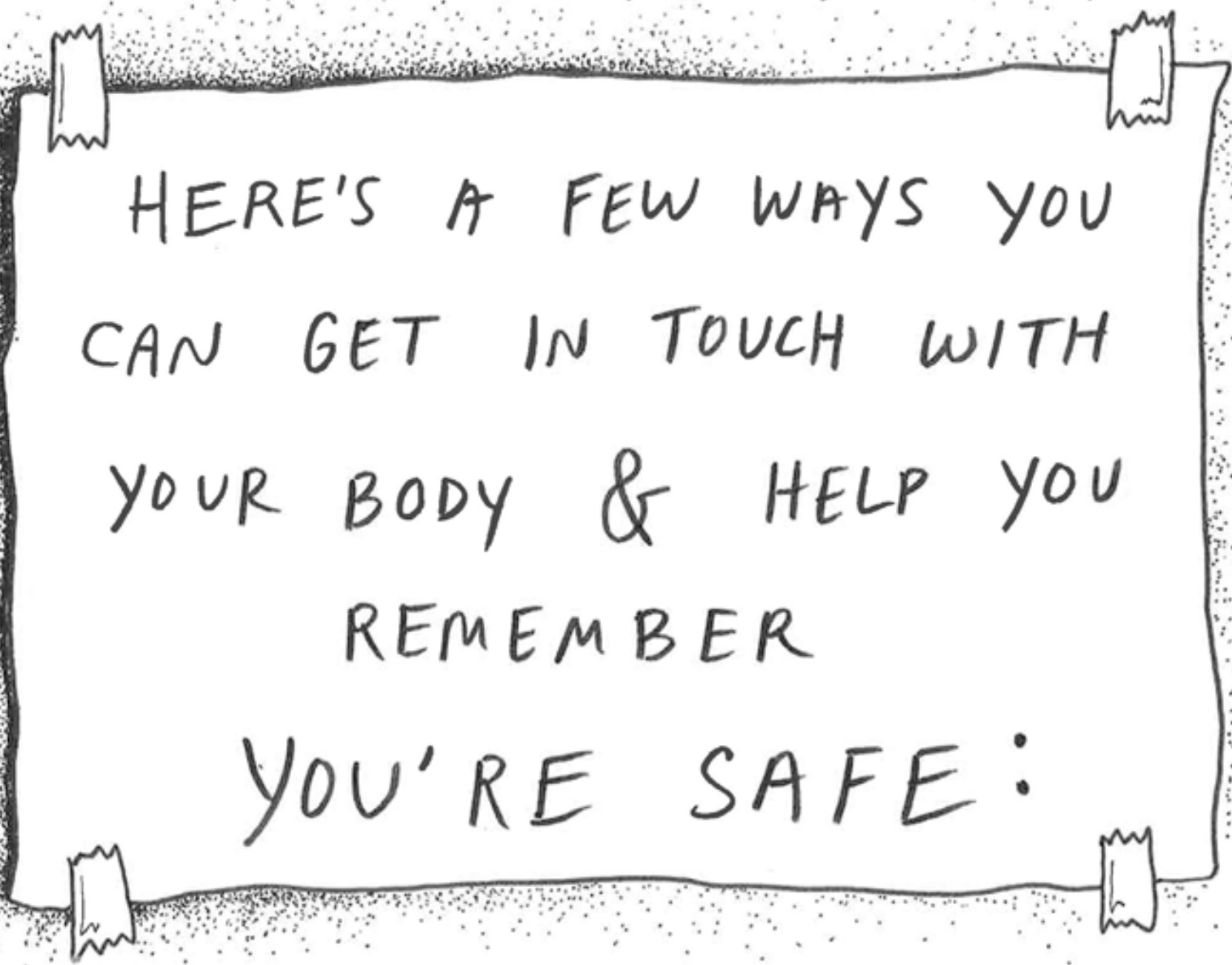
REMEMBER

THAT CAN

(OR LEARN FOR THE FIRST TIME)



How it feels
to be
WHOLE.



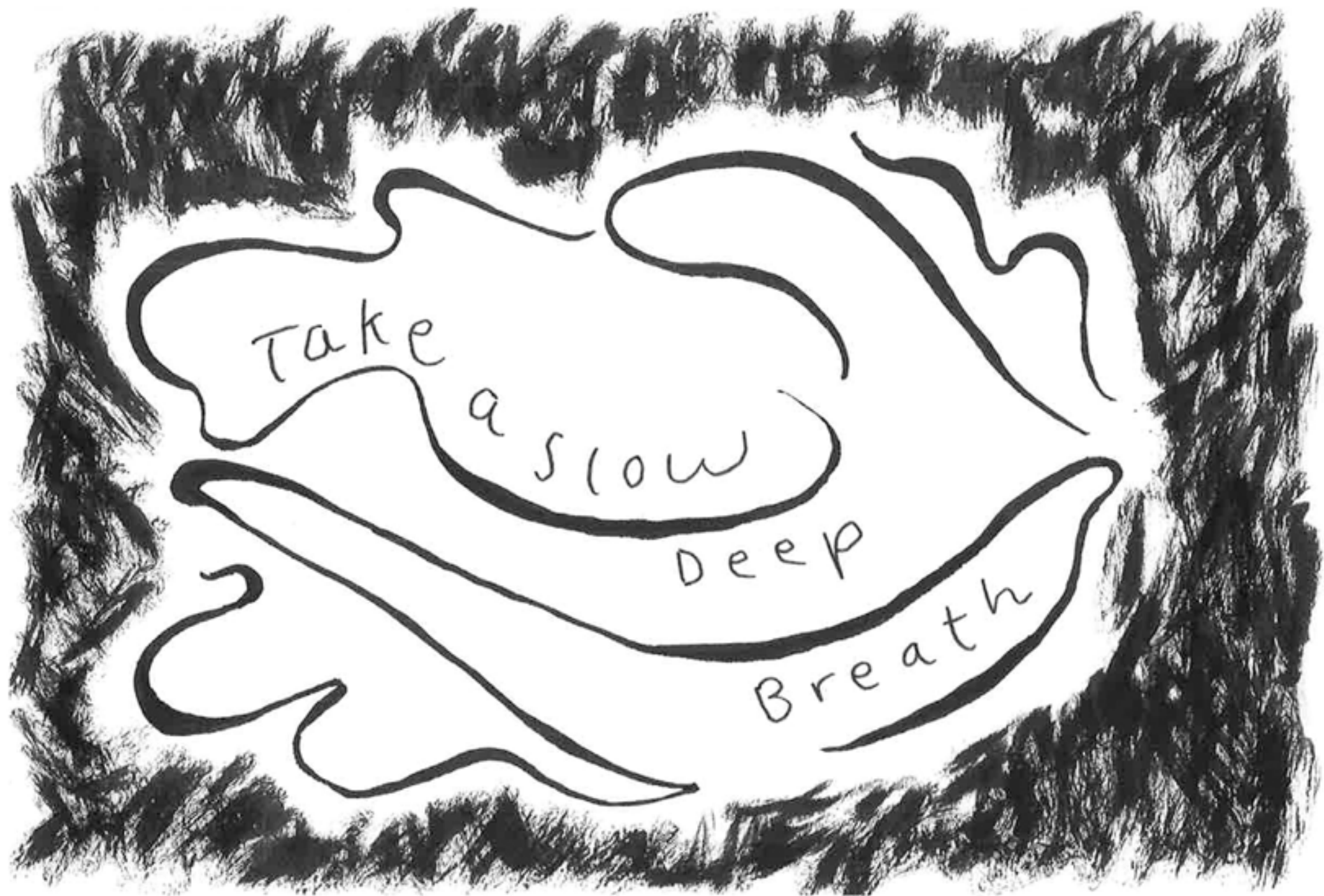
HERE'S A FEW WAYS YOU
CAN GET IN TOUCH WITH
YOUR BODY & HELP YOU
REMEMBER

YOU'RE SAFE:



1. Look Around.

Ask Yourself
"Am I Safe?"



Take
a slow
Deep
Breath

- Look around (alllll the way around).

- Find clues that clearly let you know you're safe.

I CAN SEE THE DOOR

I'M WITH MY DOG

SUN IS OUT

I CAN FEEL MY BREATH

* REMEMBER:
YOU GET TO DECIDE
WHAT FEELS SAFE
AND WHAT DOESN'T.



A black and white line drawing of a bird's head in profile, facing left. The bird has a large, curved beak that forms a wide, banner-like shape. The banner is filled with text. The background behind the banner is filled with dense, vertical hatching lines. The text on the banner is written in a simple, hand-drawn, uppercase font.

IF YOU'RE MOSTLY SAFE,
THEN YOU CAN TRY
THESE OTHER THINGS:

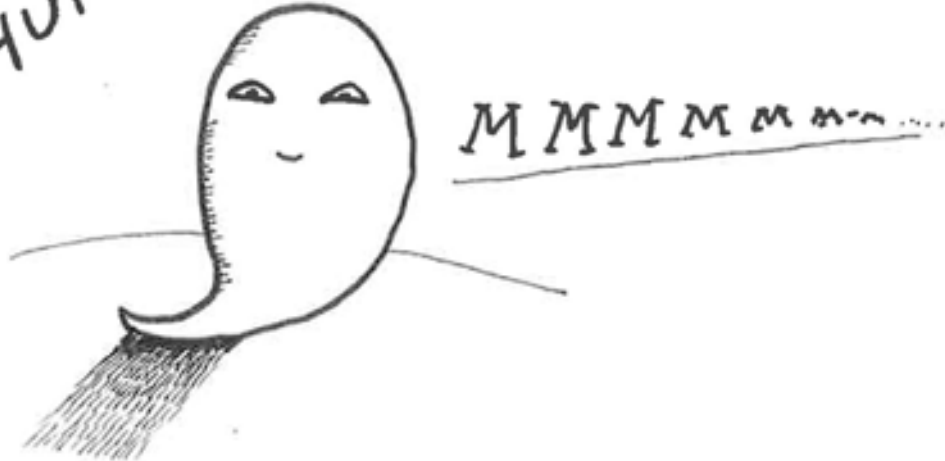
TAP OUT
A RHYTHM



ROCK
SIDE
TO SIDE



HUM A TONE



SHARE A HUG



2. Get Curious.

Notice Feelable Sensations

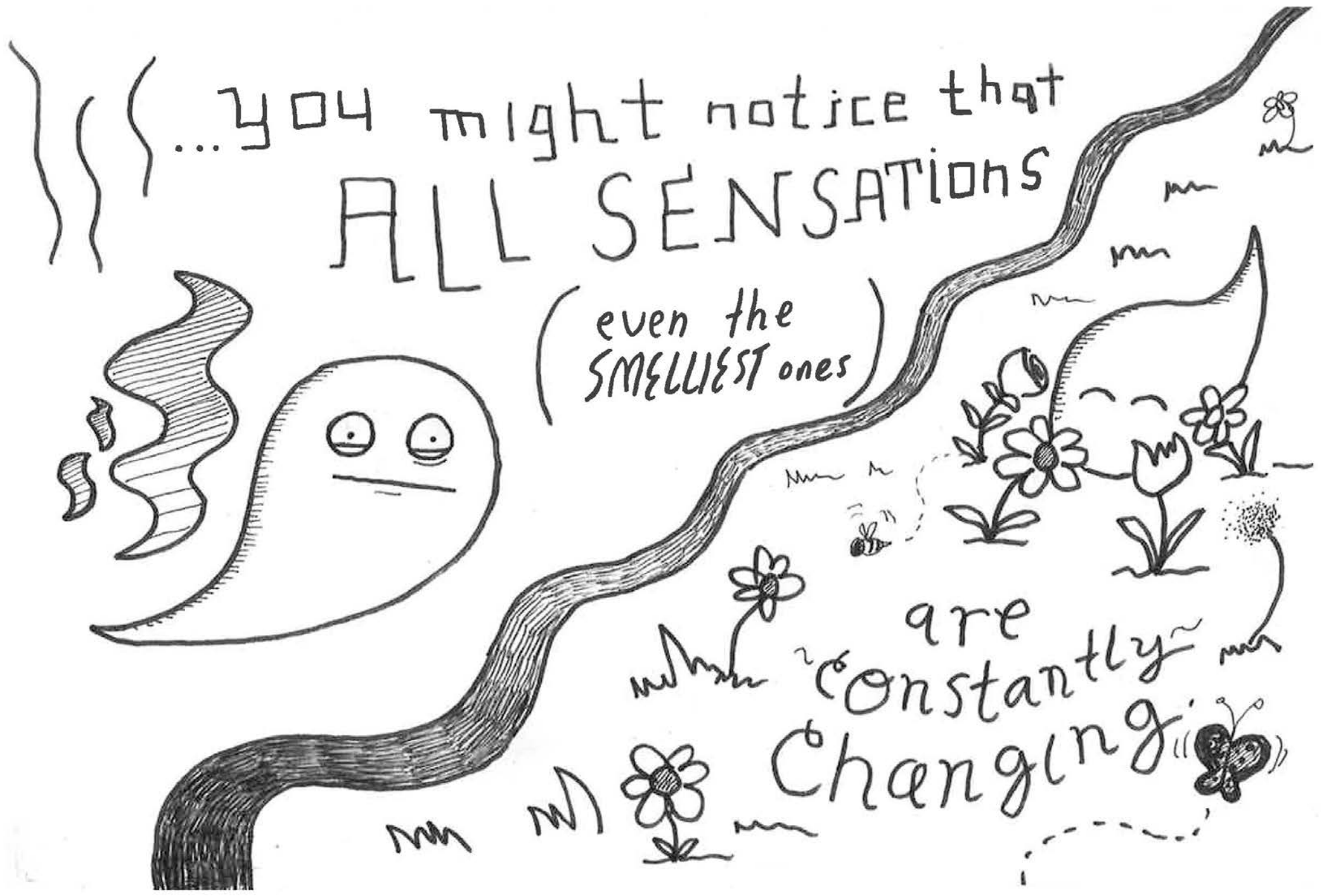
(the air on your skin, your feet on the ground, the heat of your coffee, the smell of your own fart, even!)

...you might notice that

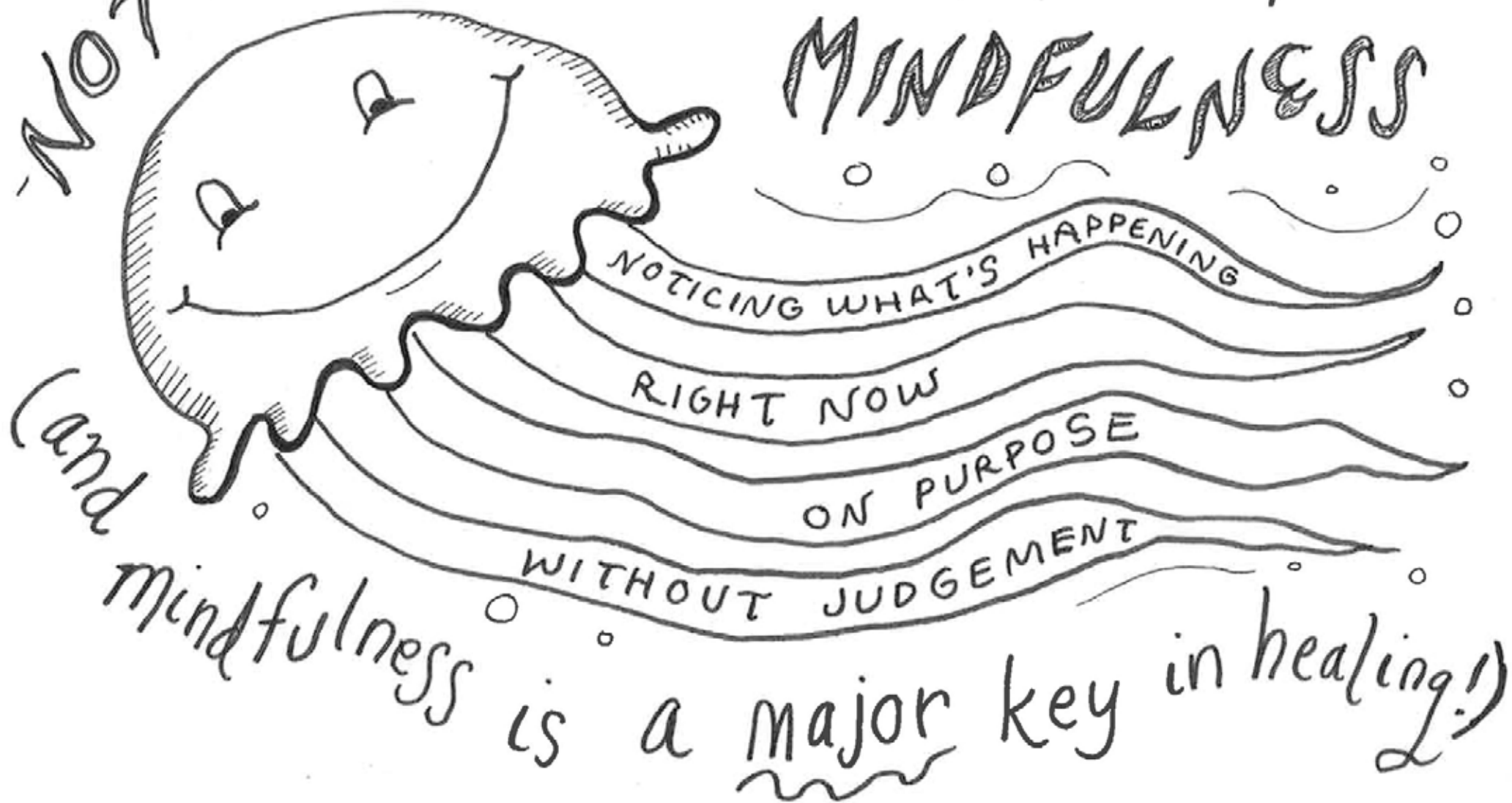
ALL SENSATIONS

(even the SMALLEST ones)

are constantly
Changing



NOTICING - IS A PART OF
MINDFULNESS



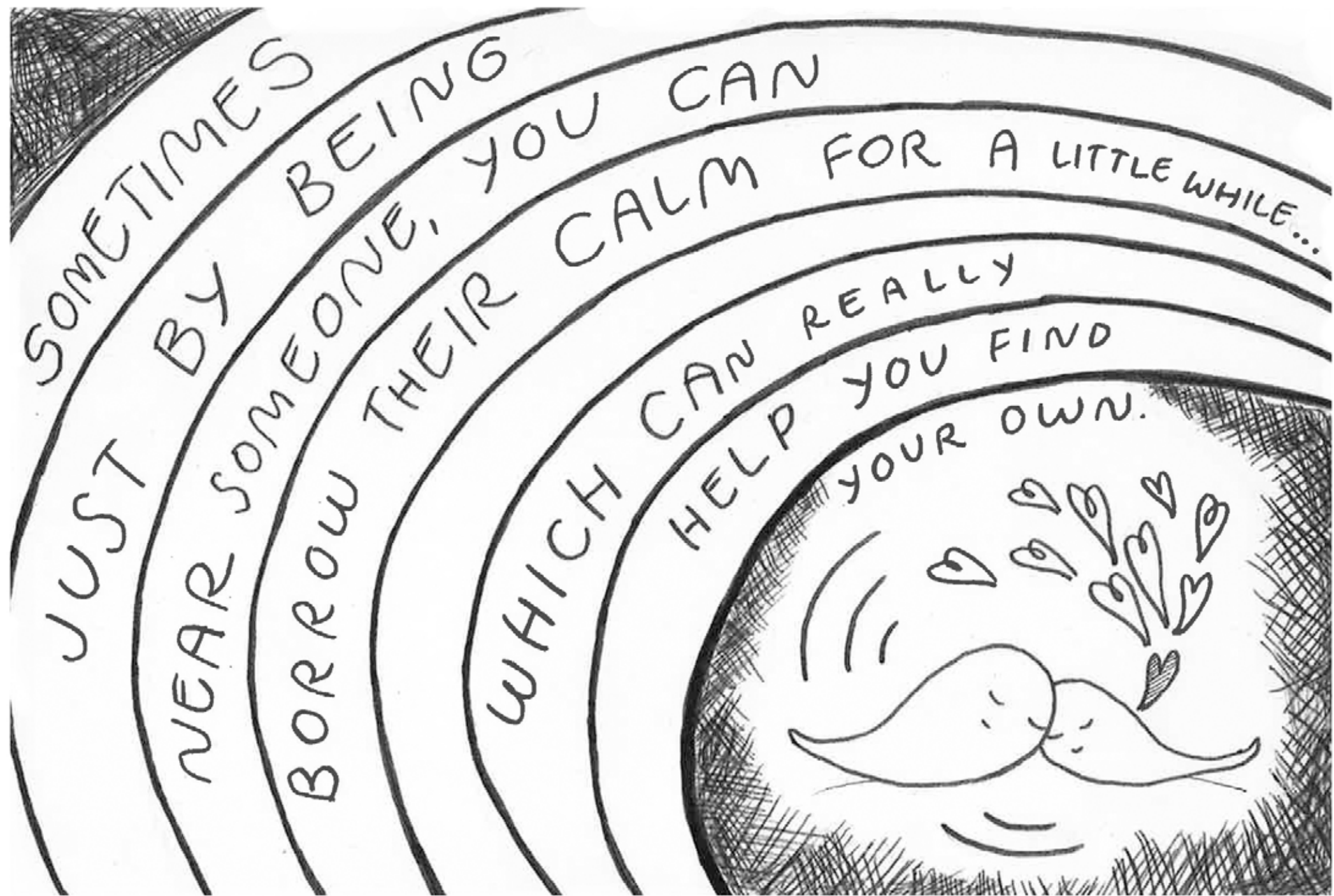
(and mindfulness is a major key in healing!)

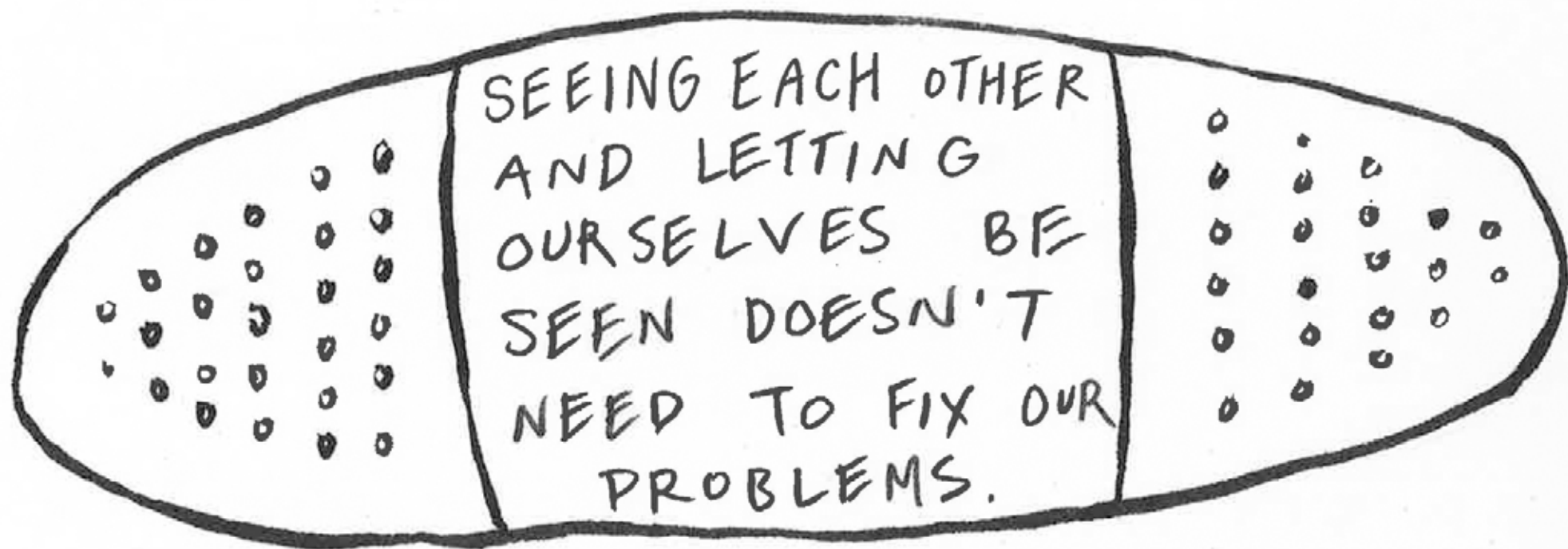


3. Open Up.

Trauma makes us
want to hide.

Safe, loving contact
helps.





SEEING EACH OTHER
AND LETTING
OURSELVES BE
SEEN DOESN'T
NEED TO FIX OUR
PROBLEMS.

In the face of big things we may not know what to do, but we can be together about it.

I KNOW.

THIS HURTS.

WE'RE HERE.



WE ARE OUR BEST ALLIES



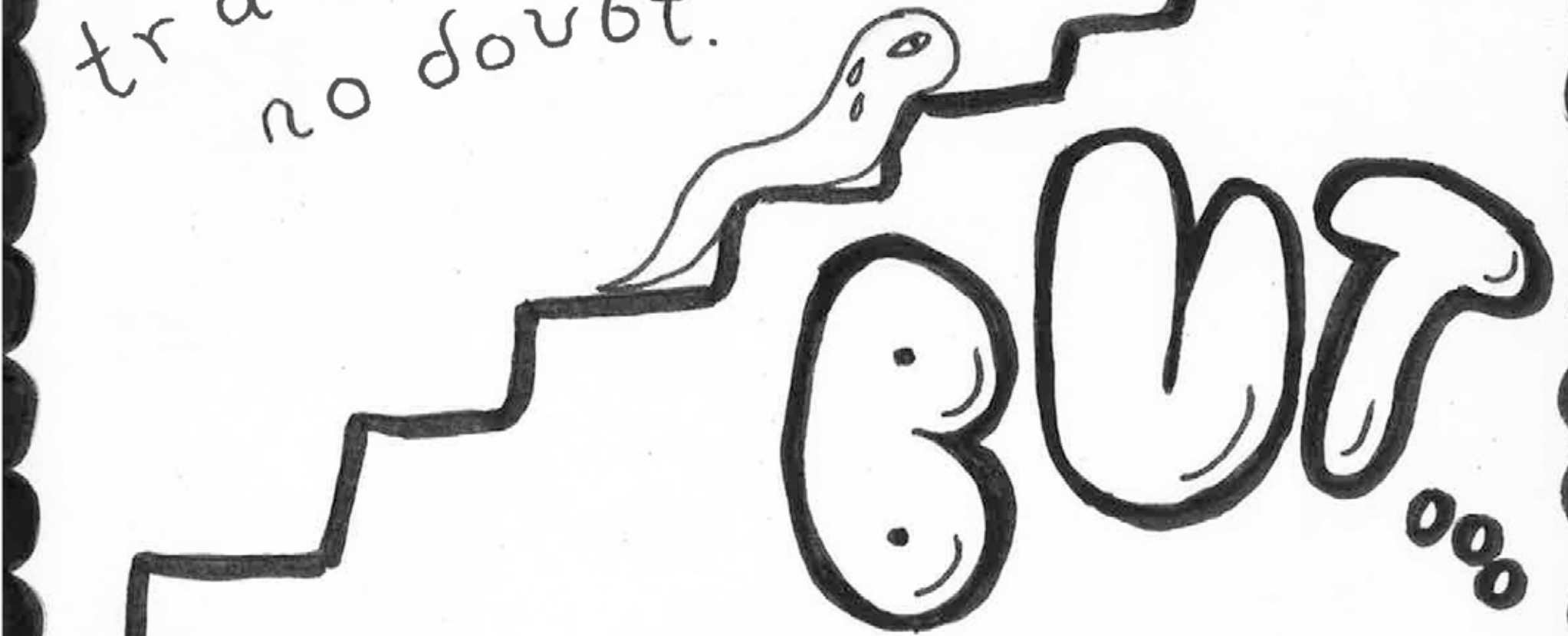
AND
OUR
STRONGEST MEDICINE.



Together,
we can envision a world
that prevents trauma by
ensuring
safe,
fair opportunities

all people
accessible,
to live
& thrive.

working with
trauma is hard,
no doubt.



PEOPLE WHO
SURVIVE TRAUMA
ARE INCREDBLY
RESILIENT!



HOW ELSE DO YOU THINK YOU
MADE IT THIS FAR?!

YOUR STORY IS NOT
SOMETHING TO BE
ASHAMED OF.

It may hold your pain,
but it also holds your
courage, your strength,
and your

AUTHENTICITY.



MOMENT by MOMENT



BREATH

by

BREATH



DAY

by

DAY



YOU CAN EXPERIENCE
HEALING IN YOUR
EVERYDAY LIFE.

