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.
TRAUMA EXISTS.
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.
So WHAT IS IT?
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...
you probably weren't safe at some point.
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 **OKAY**.
Maybe you weren't given the kind of care you needed to grow.
Or maybe the world is less safe for a person who looks like you.
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 trauma.
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.
CAN MAKE IT FEEL DISCONNECTED FROM YOURSELF AND THE PEOPLE AROUND YOU.
Your heart might race like it's getting ready to 'fight or run.'
YOU MIGHT EVEN FORGET WHERE YOU ARE SOMETIMES...

OR LOSE TRACK OF TIME OR YOUR BODY ALTOGETHER.
It can be a very isolating experience.
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, YOUR BODY.
The very body that got all mixed up is the same one that can remember (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?”
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.

IF YOU'RE NOT SAFE... ACT!
If you're mostly safe, then you can try these other things:
TAP OUT A RHYTHM

BUM BUM BUM

ROCK SIDE TO SIDE

((()))

HUM A TONE

MMMMMMMMM

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 SMELLIEST ones) are constantly changing.
Noticing is a part of mindfulness

Noticing what's happening right now on purpose without judgement

And mindfulness is a major key in healing!

Trauma makes us want to hide.
Safe, loving contact helps.
Sometimes by being near someone, you can borrow their calm for a little while, which can really help you find your own.
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.
*We* are our best allies and our strongest medicine.
Together, we can envision a world that prevents trauma by ensuring all people have safe, fair opportunities to live & thrive.
Working with trauma is hard, no doubt. BUT...
PEOPLE WHO SURVIVE ARE INCREDIBLY 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.
You can experience healing in your everyday life.