Look At A Person With Trauma-Informed Lens

(What We See)

If you see a person behaving the following:

- Anger outbursts
- Forgetfulness
- Inattentive
- Decline in their work/task
- Tardiness
- Crying excessively or frequently
- Unhealthy coping skills

...know that it could be about trauma/stress

(The Meaning Behind the Behaviors)

Why do people show the trauma behaviors?
They might have experienced...

- Being rejected or neglected
- No support system
- Fear in a “Safe space” and/or comfort zone
- Loss of identity
- Grief
- Insomnia
- A trauma trigger stressors at home.
- Pushing emotional pain aside. Or swept the pain under the rug
- Denial
- Major health Issue(s) (i.e. cancer)

What to do?

Ask specific trauma-informed questions.

- How are you? How are you feeling right now? Tell me about what is happening.
- What can I do for you? How can I support you?
- Or offer specific help (people do not always know what they need).

Have 1:1 Heart to Heart conversation.

- Listen. Show empathy and compassion. It is the person’s story, not yours.
- Offer and share community resources (therapy/counseling resources, etc.)
- Take care of yourself. Be honest with yourself.
- Are you ready to comfort someone else’s pain right now? What can you do to manage your own pain better?

Do Not Just See The Person As The Tip Of The Iceberg.
See The Person As A Whole.