WHAT ARE THE EFFECTS OF TRAUMA?

sleep problems chronic pain

chest pain asthma

autoimmune heart palpitations disorders jumpiness

BODY

breathing pelvic problems pain

tension

headaches

digestive problems

chronic fatigue

nightmares
dissociation anger
flashbacks avoiding certain places,
hypervigilance people, situations
overwhelmed
feeling out
of control
with family and friends
memory problems
with family and friends
memory problems
mood swings suicidal thoughts
feeling distracted anxiety
loss of
time

depression disconnected
alcohol and drug use hopelessness
shame loss of interest in life
guilt HEART lack of
loss of sadness fear trust
faith loss of meaning
self-hate irritability
isolation
self-blame
grief

Trauma affects everyone differently. People can and do heal from trauma.

Download the BC Trauma-Informed Practice Guide from www.bccewh.bc.ca.















