



MCN Consulting offers a comprehensive range of coaching and consulting services dedicated to empowering women entrepreneurs' personal and professional growth, while also fostering the development of community organisations, especially in remote, rural and regional areas.



We proudly champion women entrepreneurs recovering from childhood trauma: moving forward with purpose and hope. This resource has been created with you in mind.



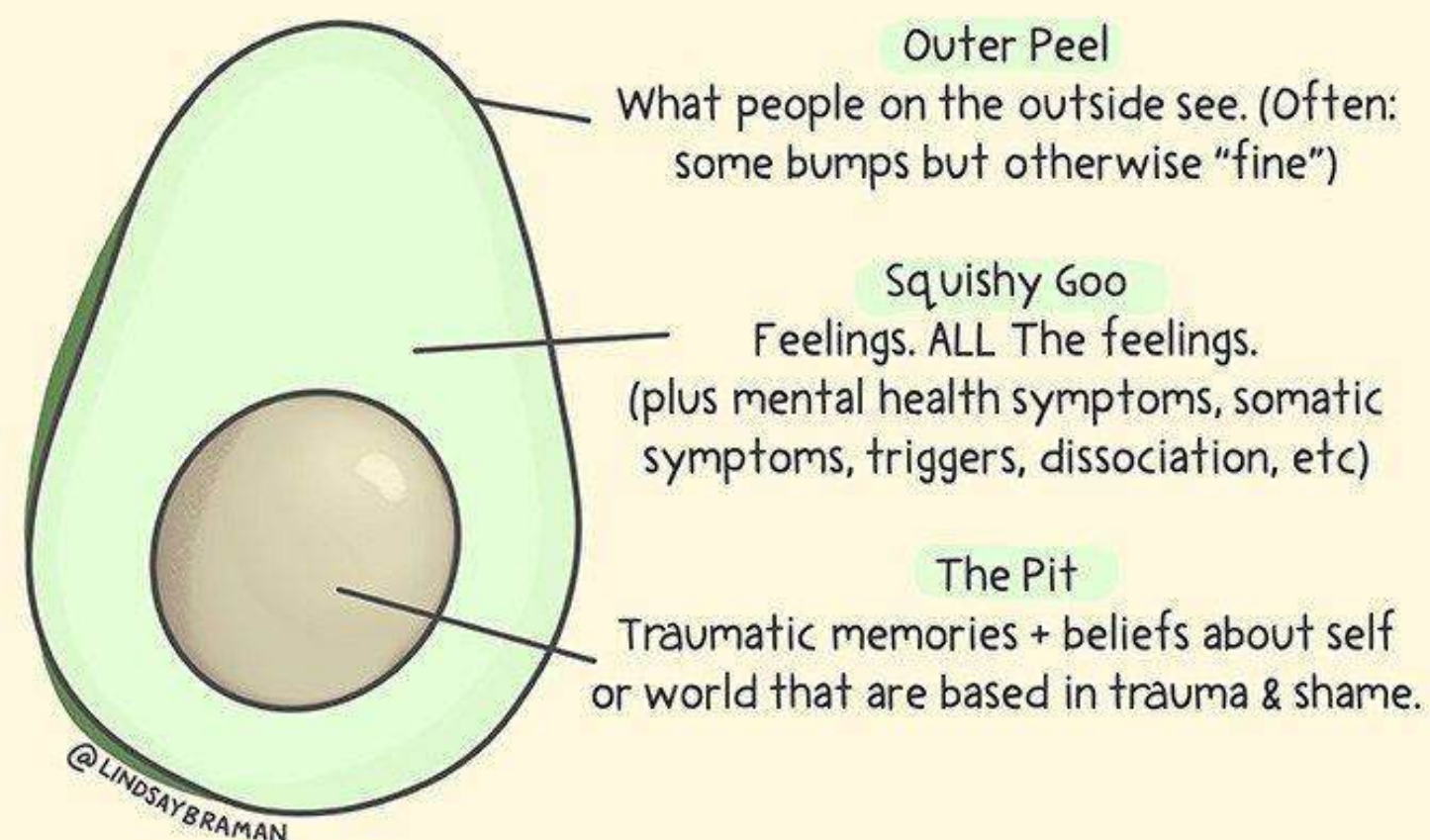
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TRAUMA RECOVERY

(AS ILLUSTRATED BY AN AVOCADO)



Trauma recovery is a complex process, but with the right support and resources, healing is possible. It involves addressing the physical, emotional and psychological effects of trauma. Key steps include establishing safety, practicing self-care, seeking therapy and joining support groups. Processing the trauma through therapeutic techniques helps integrate the experience, and ultimately, healing involves building resilience and finding new meaning. Though the journey takes time, recovery allows you to move forward with strength and purpose.

Reference: <https://buff.ly/3zGS2kK>



SAFETY is a love
language for
anyone trying to
heal from
trauma.

Safety is a vital aspect of healing from trauma, often acting as a form of love language. Trauma can leave individuals feeling vulnerable and mistrustful, making it crucial to create both a physically and emotionally safe environment. This involves setting boundaries, respecting autonomy and fostering open communication. Patience, empathy and understanding further build trust, providing the foundation for recovery. Safety allows trauma survivors to feel secure, valued and protected in their relationships, supporting their healing journey.

Reference: <https://buff.ly/3pHXNMT>



Trauma can often lead to addiction as individuals seek to cope with emotional and psychological distress. Many turn to substances or addictive behaviors for self-medication, using drugs or alcohol to alleviate anxiety and depression. Others may engage in addiction to avoid confronting traumatic memories or to regain a sense of control. Trauma can also alter the brain's reward system, increasing susceptibility to addiction. While not all trauma survivors develop addiction, addressing trauma in addiction treatment is vital for recovery, making therapy and support groups essential components of healing.

Reference: <http://bit.ly/3zBpo6m>



TRAUMA COPING SKILLS

Coping skills are things we can do to help us better manage trauma symptoms. They help us calm our brain and body, think more clearly, and develop inner strength to overcome past trauma.

Develop Resilience

- Set, and work toward goals
- Focus on your strengths, improve upon your weaknesses
- Discover your purpose/passion
- Practice flexibility, go with the flow, let things go, don't let things get to you
- Practice optimism, think about what you can learn from every difficulty
- Use problem solving skills

Relaxation Skills

- Practice deep belly breathing with long out breaths, or use an online breath pacer
- Use a relaxation app
- Tense and relax your muscles
- Visualize a peaceful place
- Self-massage neck/shoulders
- Take a nap, or warm bath/shower
- Stretching/Yoga/Tai Chi/Qi Gong

Emotional /Physical Release

- Do pushups, wall sits, or planks until you're tired
- Take a cold shower
- Squeeze ice
- Yell into a pillow, let yourself cry
- Dance, laugh, run, use a punching bag
- Rip up old newspaper/cardboard

Shift Your Mindset/Thoughts

- Understand your trauma symptoms
- Understand your triggers to distressing emotions
- Notice, and challenge negative/unhelpful thoughts
- Encourage/coach yourself through difficult moments
- Think of 3 things you are grateful for each day
- Adopt a growth mindset

Health Habits/Self-Care

- Practice Self-Compassion
- Get good sleep
- Good diet/nutrition
- Exercise regularly
- Make a self-care box
- Daily hygiene routine
- Drink plenty of water
- Reduce caffeine consumption
- Get out in nature
- Avoid drugs or alcohol

Mindful Isolation /Distraction

- Remove yourself from triggering interactions or places
- Creative outlets such as writing, art, music, building, hobbies
- Watch TV/movie/read a book
- Color, puzzles, word search
- Play with a pet

Grounding Skills

- Practice Mindfulness
- Look: Name 5 things you see
- Feel: Name 4 things you touch
- Listen: Name 3 things you hear
- Smell: Name 2 things you smell
- Taste: Name 1 thing you like to taste

HELP! Ask For Help Or Support

- Talk with supportive friends, family, or teachers
- Talk to a therapist/counselor
- Connect with a trauma support group
- Talk to your doctor if you feel medication might be helpful

Trauma can significantly impact mental health, making effective coping skills essential for promoting healing and wellbeing. Without proper coping mechanisms, individuals may struggle with anxiety, depression or PTSD and may turn to unhealthy habits like substance abuse. Effective strategies include seeking professional help, practicing mindfulness, engaging in physical activity and connecting with supportive individuals. While coping is personal and varies for each individual, developing these skills can improve emotional management and enhance recovery after trauma.

Reference: <http://bit.ly/3UlWwbO>



WHAT CAN TRIGGER YOUR TRAUMA?

SOUNDS

Hearing certain sounds or music associated with your trauma or feelings can take you back



PEOPLE

Seeing someone who is related to the trauma or who has a certain trait physically can trigger you



THOUGHTS

Certain thoughts or memories can make your brain bring you back to a trauma, often unwillingly



SMELLS

Our human smell is strongly tied to our memories. As a result, certain scents can trigger a trauma



PLACES

The place where the trauma took place can be a strong trigger, as well as similar places



MEDIA

A news report, a particular movie or a tv series can show a scene that is similar to your trauma



FEELINGS

Sometimes a feeling or emotion can trigger your trauma like a sad feeling or being in pain



SITUATIONS

If you find yourself in a situation that is similar to or reminds you of your trauma it can be a trigger



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MINDJOURNAL

Triggers are experiences or stimuli that remind someone of a traumatic event, leading to intense emotional reactions or flashbacks. They can include certain people or places that evoke memories, specific sensory experiences such as sounds or smells, media exposure to similar events and high-stress situations that increase vulnerability. Identifying these triggers and finding ways to avoid them can be helpful, but professional support is often necessary for effective healing.

Reference: <http://bit.ly/3MDFAfd>



BOUNDARY-SETTING SENTENCES

"I CAN'T DO THAT, BUT I CAN HELP YOU FIND SOMEONE WHO CAN."

"I APPRECIATE THE GESTURE, BUT IN THE FUTURE, I'D PREFER..."

"I CAN'T TAKE ON ADDITIONAL RESPONSIBILITIES RIGHT NOW."

"I'M NOT COMFORTABLE DISCUSSING THIS TOPIC WITH YOU."

"I'M UNCOMFORTABLE WITH WHAT YOU JUST SAID / DID."

"THANKS FOR YOUR CONCERN, BUT I CAN HANDLE THIS."

"I CAN'T ATTEND, BUT I APPRECIATE THE INVITATION."

"I DON'T GIVE YOU PERMISSION TO DO [X] TO ME."

"I CAN'T DO [X], BUT I'M OPEN TO TRYING [Y]."

"I DON'T FEEL SAFE SO I'M GOING TO LEAVE."

"I WON'T BE SPOKEN TO IN THAT MANNER."

"I'M ALLOWED TO CHANGE MY MIND."

"THANKS, BUT I'M NOT INTERESTED."

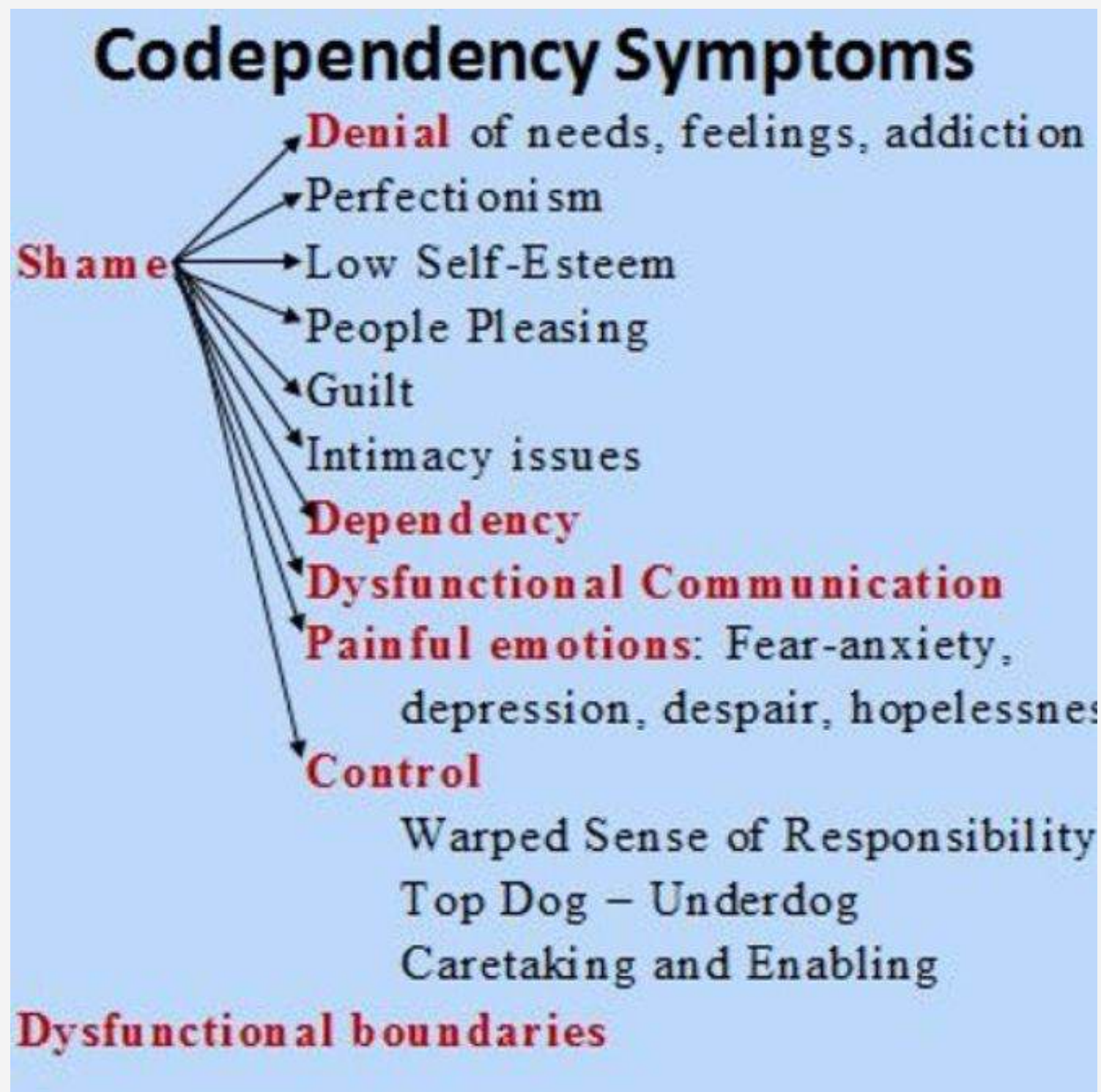
"I WISH I COULD, BUT I CAN'T."

"NO, THANK YOU."

"NO."

Boundary setting involves defining personal limits for how you wish to be treated and what you expect from others. It is crucial for trauma recovery, as trauma can leave individuals feeling vulnerable and overwhelmed, making it hard to establish healthy boundaries. Identifying triggers, communicating needs, learning to say no, prioritising self-care and seeking professional help can aid in developing effective boundaries that support healing.

Reference: <https://bit.ly/43Gbn59>.



Codependency often develops as a coping mechanism in response to trauma where individuals rely excessively on others for validation and emotional well-being. This can lead to neglecting personal needs, difficulty setting boundaries and enabling behaviors, causing resentment, frustration and burnout. Therapy, especially trauma-informed approaches, can help address codependency by fostering healthier coping mechanisms and relationships.

Reference: <https://buff.ly/3oorBzN>

Chronic Illness is like a Volcano

develops over time & out of sight



It Also Creates New Ground



Veronique Mead, MD, MA
Chronic Illness Trauma Studies.com

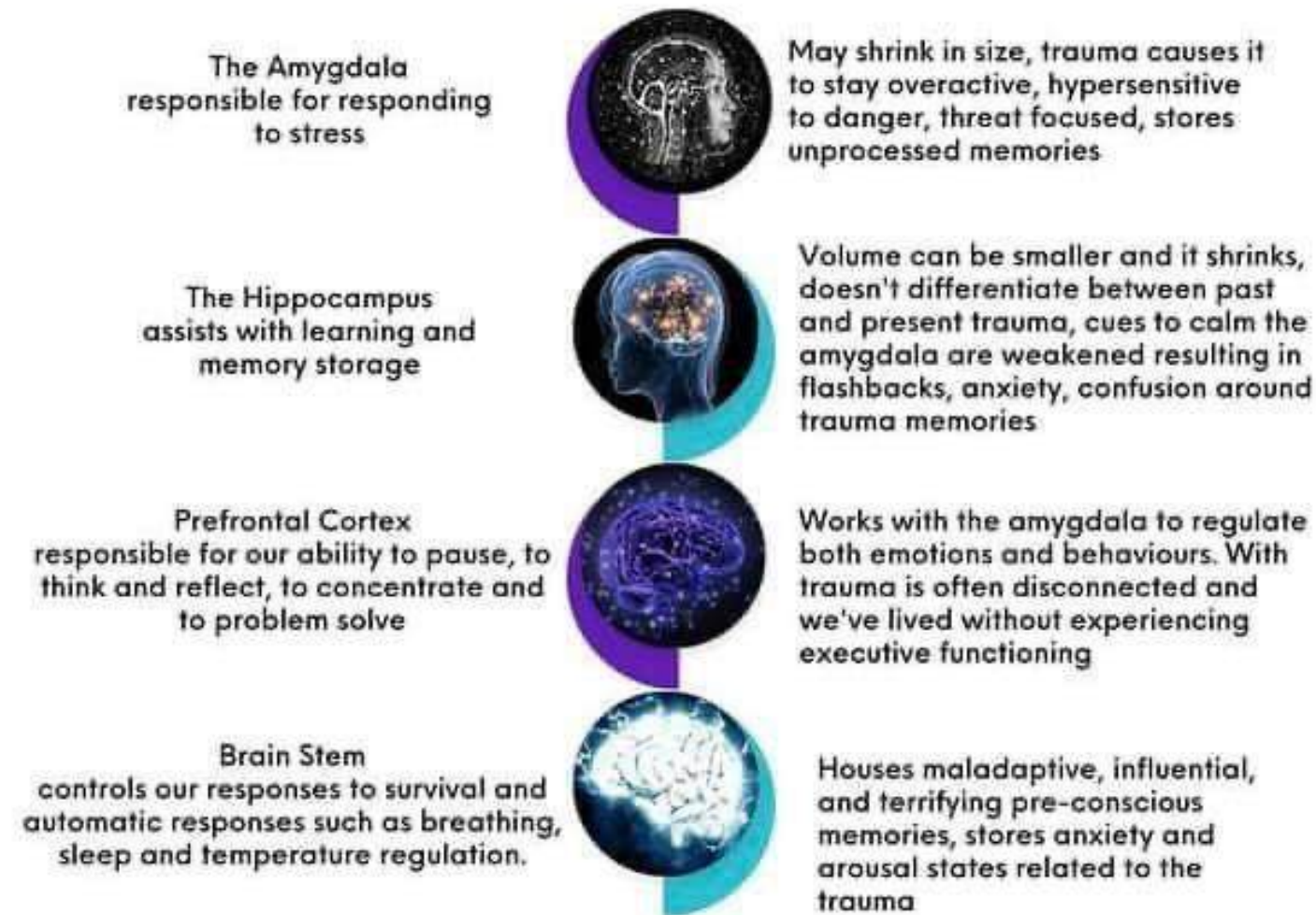
Chronic illness and trauma can be likened to a volcano in several ways. Trauma can remain dormant like a volcano simmering beneath the surface until it unexpectedly erupts leading to sudden and intense emotional distress such as flashbacks or overwhelming emotions. The widespread impact of trauma can affect mental health, relationships and daily functioning similar to how volcanic eruptions alter landscapes and communities. Lastly, just as volcanic eruptions require management and recovery efforts healing from trauma necessitates intentional care including therapy and support.

Reference: <https://bit.ly/3NfxwBs>



How Complex Trauma changes our brain

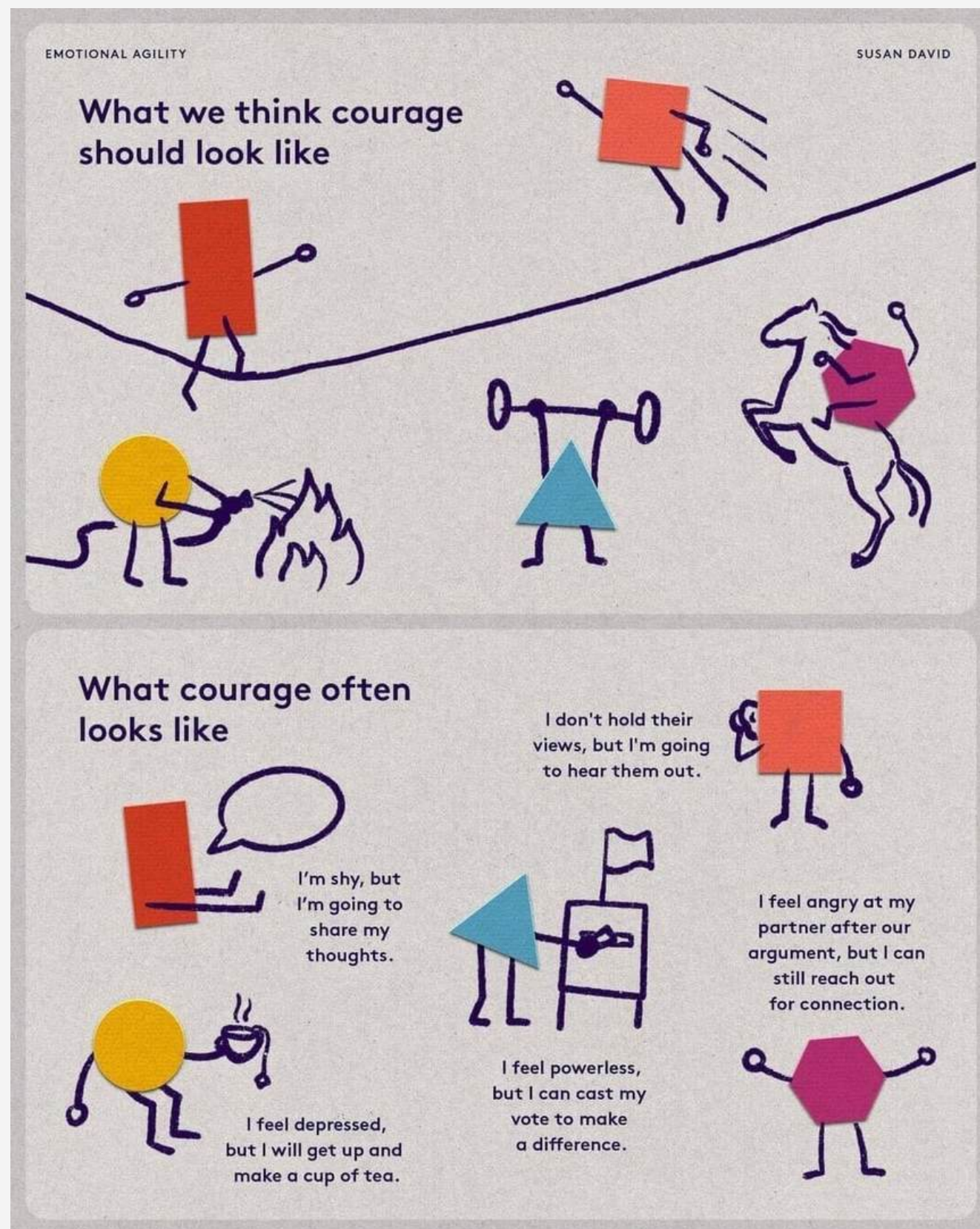
NEARLY EVERY PART OF THE BRAIN IS IMPACTED BY
CHILDHOOD DEVELOPMENTAL TRAUMA



healingfromcomplexptsd.com

Complex trauma significantly impacts the brain, affecting the amygdala, hippocampus, prefrontal cortex and brain stem. The amygdala may become overactive, leading to heightened anxiety and emotional regulation difficulties, while the hippocampus can shrink, resulting in memory recall and learning challenges. The prefrontal cortex may show reduced activity, hindering decision-making and impulse control, and the brain stem may become overly sensitive, causing exaggerated stress responses and arousal regulation issues.

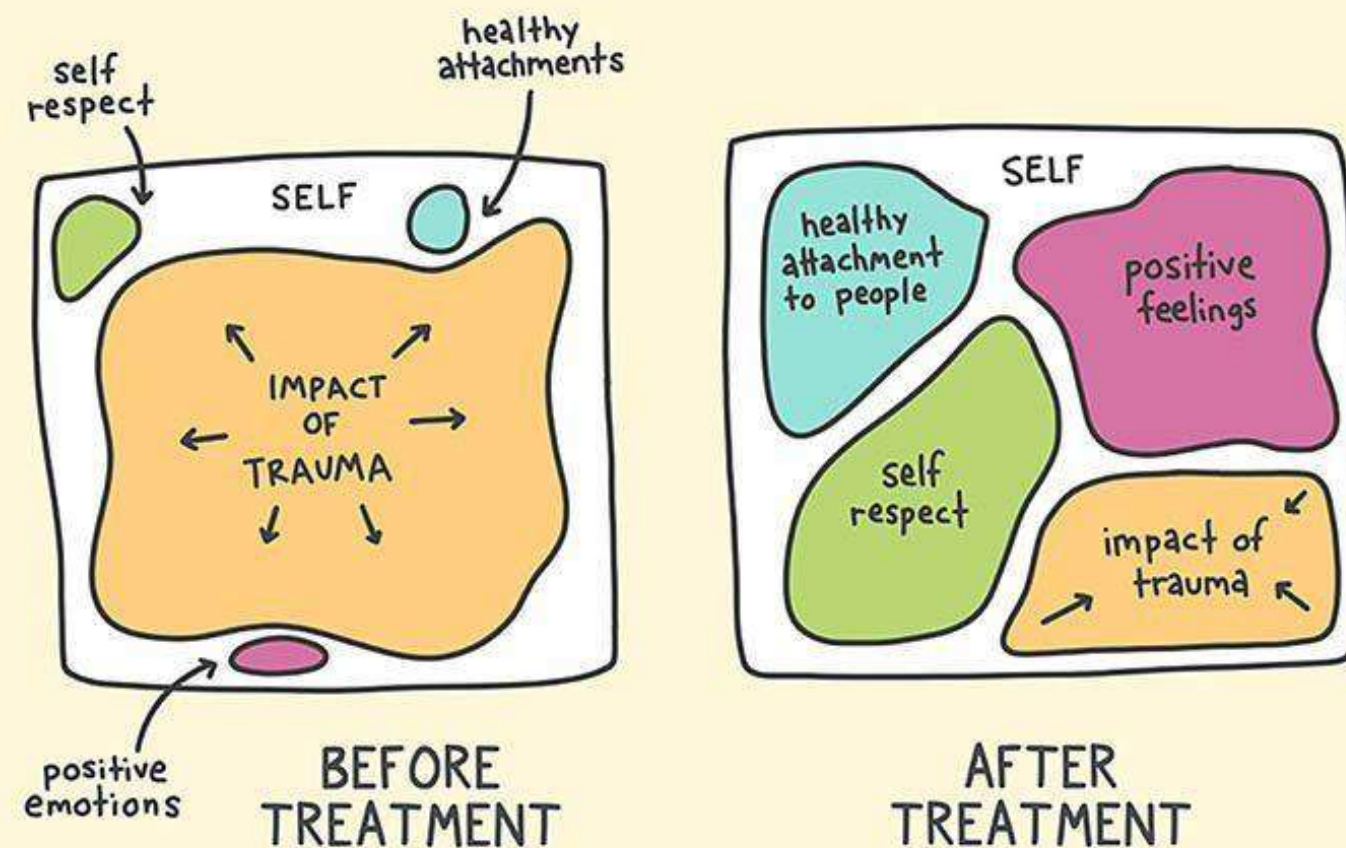
Reference: <https://bit.ly/4oPmKW4>



Courage is often associated with boldness, fearlessness and heroism, leading us to envision a courageous person as someone who charges headfirst into danger without hesitation. However, courage frequently manifests in more subtle ways, such as speaking up against injustice despite potential social backlash or confronting our fears and seeking help. The most courageous acts often involve facing our vulnerabilities and imperfections, illustrating that courage takes many forms beyond the idealised image.

Reference: <https://bit.ly/3LKOXZS>

HOW TRAUMA THERAPY WORKS:



DESCRIBED BY BATSON AND ROTH (1994)
VISUALLY TRANSLATED BY @LINDSAYBRAMAN

Traumatic experiences significantly impact a person's sense of self, relationships and emotional well-being. Trauma therapy provides a safe environment for individuals to process their trauma, addressing feelings of low self-esteem, shame and trust issues while alleviating symptoms like anxiety, depression and PTSD. Through evidence-based approaches, such as cognitive-behavioural therapy and mindfulness-based therapies, individuals can challenge negative thoughts, develop coping strategies and ultimately enhance their attachment to others and self-respect, leading to improved functioning in various life areas.

Reference: <https://bit.ly/3HFG5C9>



How to Support Someone Who Has Experienced Trauma

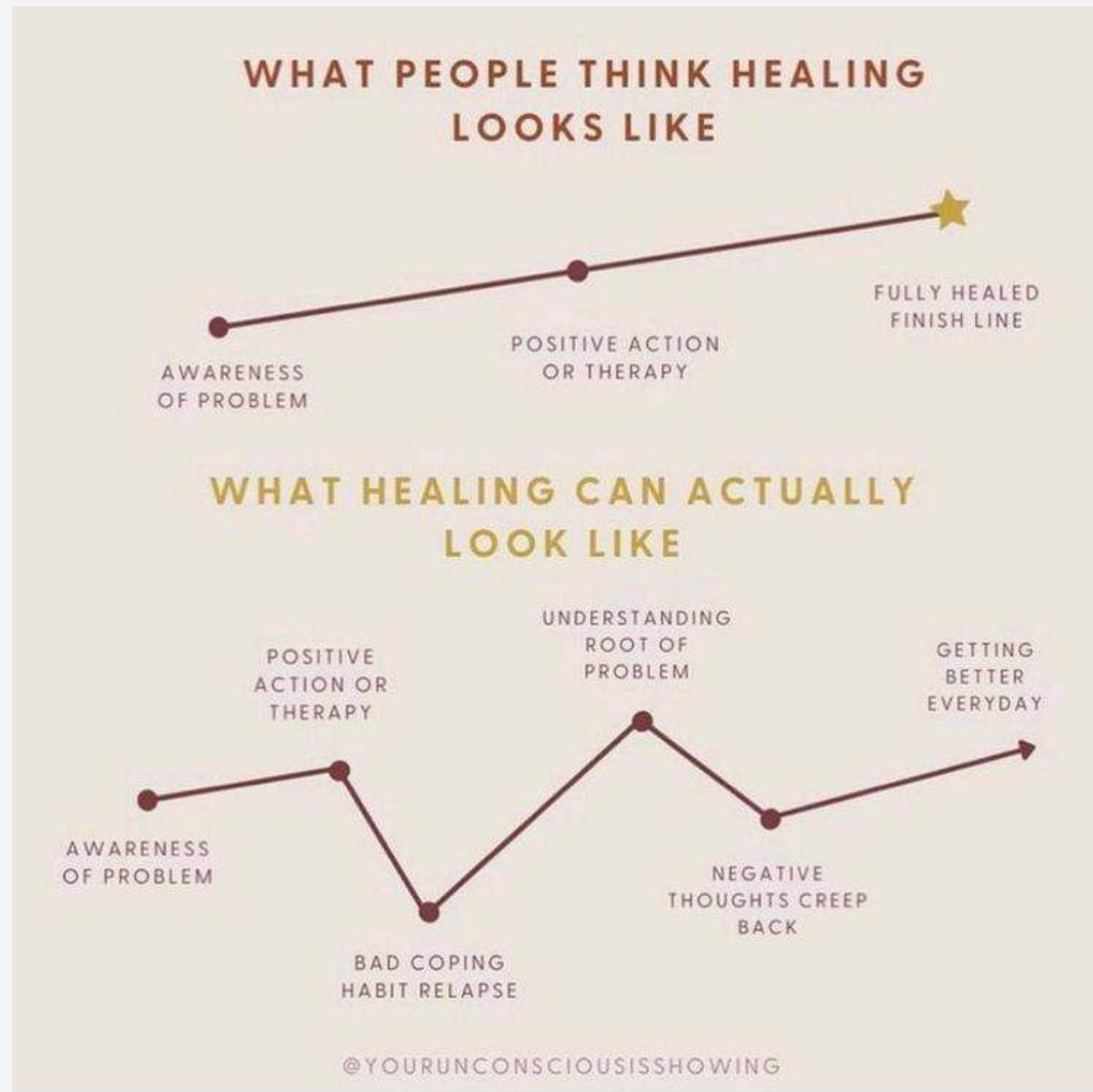


Supporting someone who has experienced trauma is challenging and requires sensitivity. Providing predictability through routines fosters a safe environment and giving space allows them to process their emotions. Offering perspective helps them feel less isolated, building a reciprocal relationship fosters support and empowering them to make choices restores a sense of control while recognising their strengths affirms they are not defined by their trauma.

Reference: <https://bit.ly/3MoUJ9A>

Healing from trauma is a complex and non-linear process that varies for each individual. Trauma profoundly impacts physical, emotional and mental health, affecting relationships and self-worth. Factors such as the unique nature of each person's experience, the interconnectedness of the brain and body and the presence of triggers can complicate healing, which requires time, patience and self-compassion to navigate effectively.

Reference: <https://bit.ly/41rluZa>





How Complex Trauma Exhausts Us

© Linda Meredith



Flashbacks drain us and keep us from the present moment



Unable to stick to a healthy routine due to constant dissociation



Not having the language, the information needed keeps us repeating patterns



Inability to get to sleep at night due to overwhelm and /or anxiety



Constant hyper or hypo vigilance is draining on our system



Guilt, shame, doubt, grief take a toll on our central nervous system



Trauma can keep us self isolating when we are wired for connection



Ineffective trauma recovery is depressing and disheartening



Ineffective trauma recovery is depressing and disheartening

© Linda Meredith

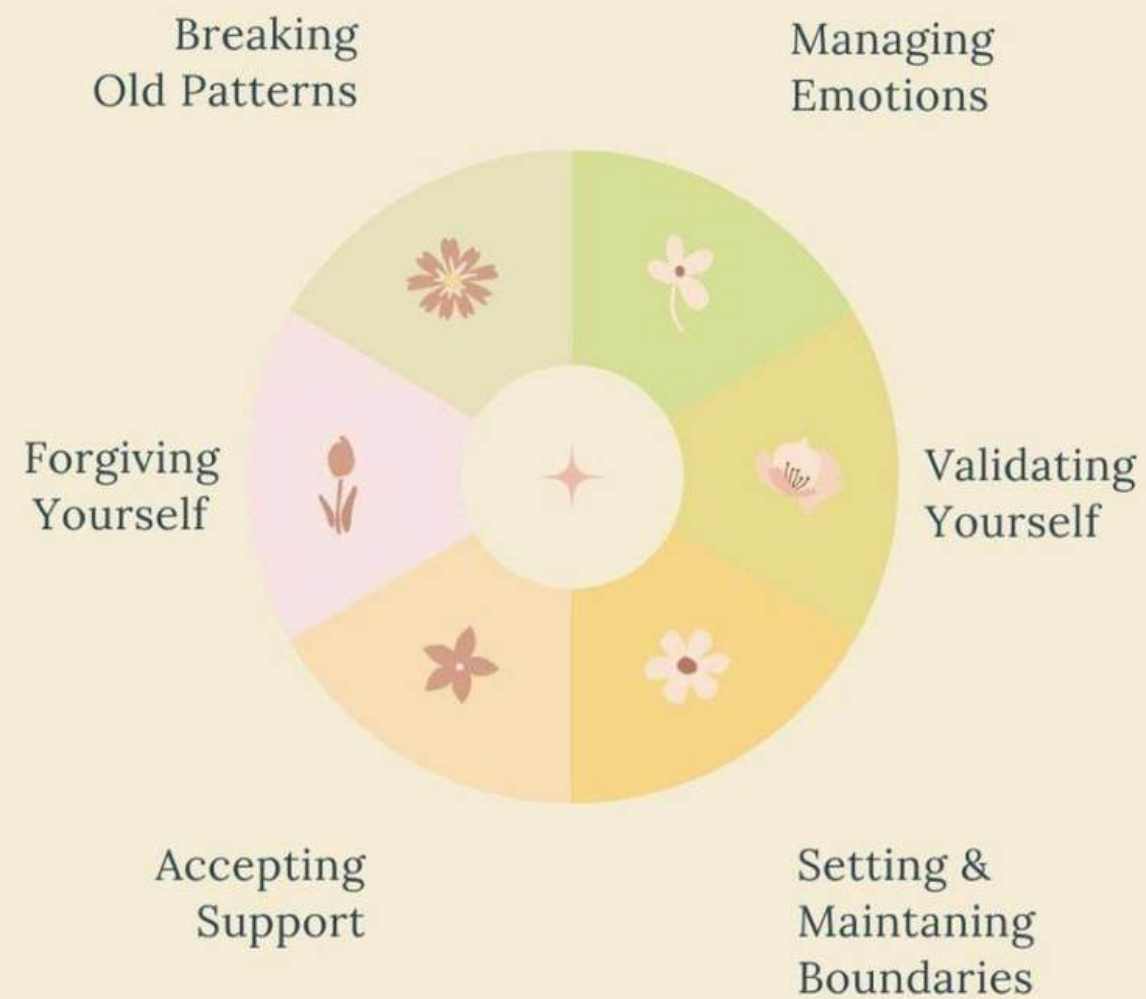
Effective
Cptsd
Recovery

healingfromcomplexptsd.com

Complex trauma can drain you in numerous ways affecting various aspects of life. It refers to chronic and severe trauma experiences during childhood or adulthood leading to lasting effects on development, relationships and mental and physical health. The overwhelming nature of complex trauma can disrupt feelings of safety and security causing chronic stress and emotional dysregulation which can result in mood difficulties and negative self-image. Additionally, complex trauma is linked to physical health issues including chronic pain and fatigue emphasising the importance of seeking support for healing and reclaiming well-being.

Reference: <https://bit.ly/3pzucHD>

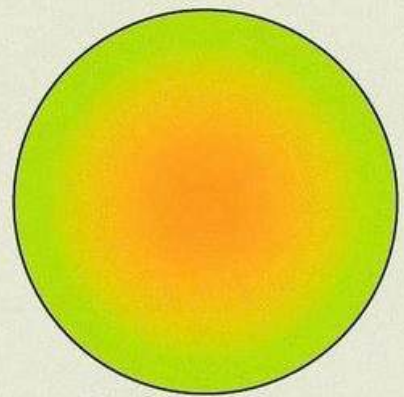
Signs That You Are **HEALING**



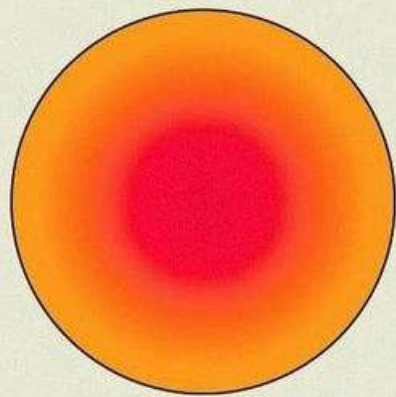
Healing from trauma is a complex and personal journey with common signs indicating progress. Key signs include breaking negative patterns such as self-destructive habits, forgiving yourself and becoming more open to accepting support from loved ones. Additionally managing emotions, validating yourself and establishing boundaries are crucial for rebuilding a positive self-image and overall well-being.

Reference: <https://bit.ly/3pQ9xPX>

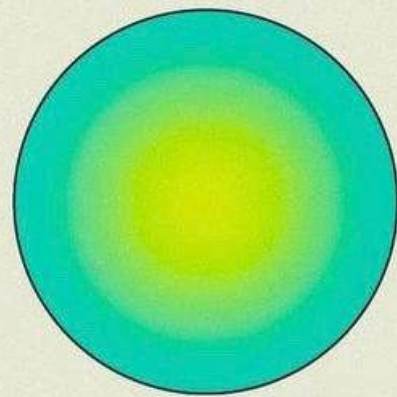
THE LAWS OF DETACHMENT



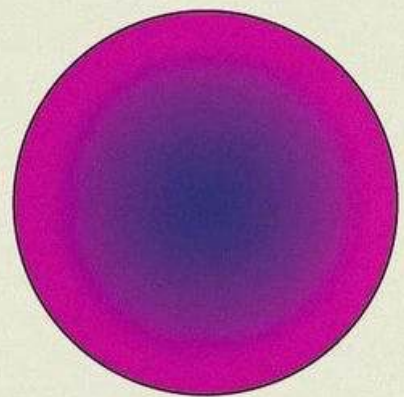
Allow others to
be who they are.



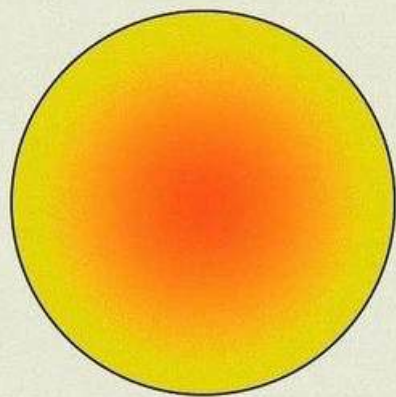
Allow yourself to
be who you are.



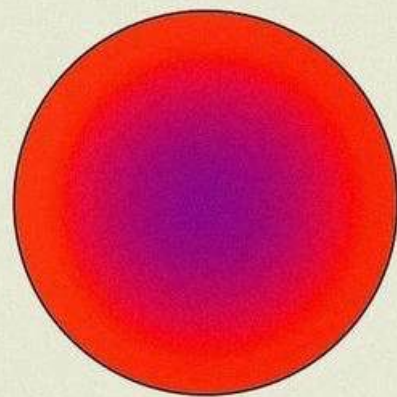
Don't force
situations.



Solutions
will emerge.



Uncertainty
is reality.



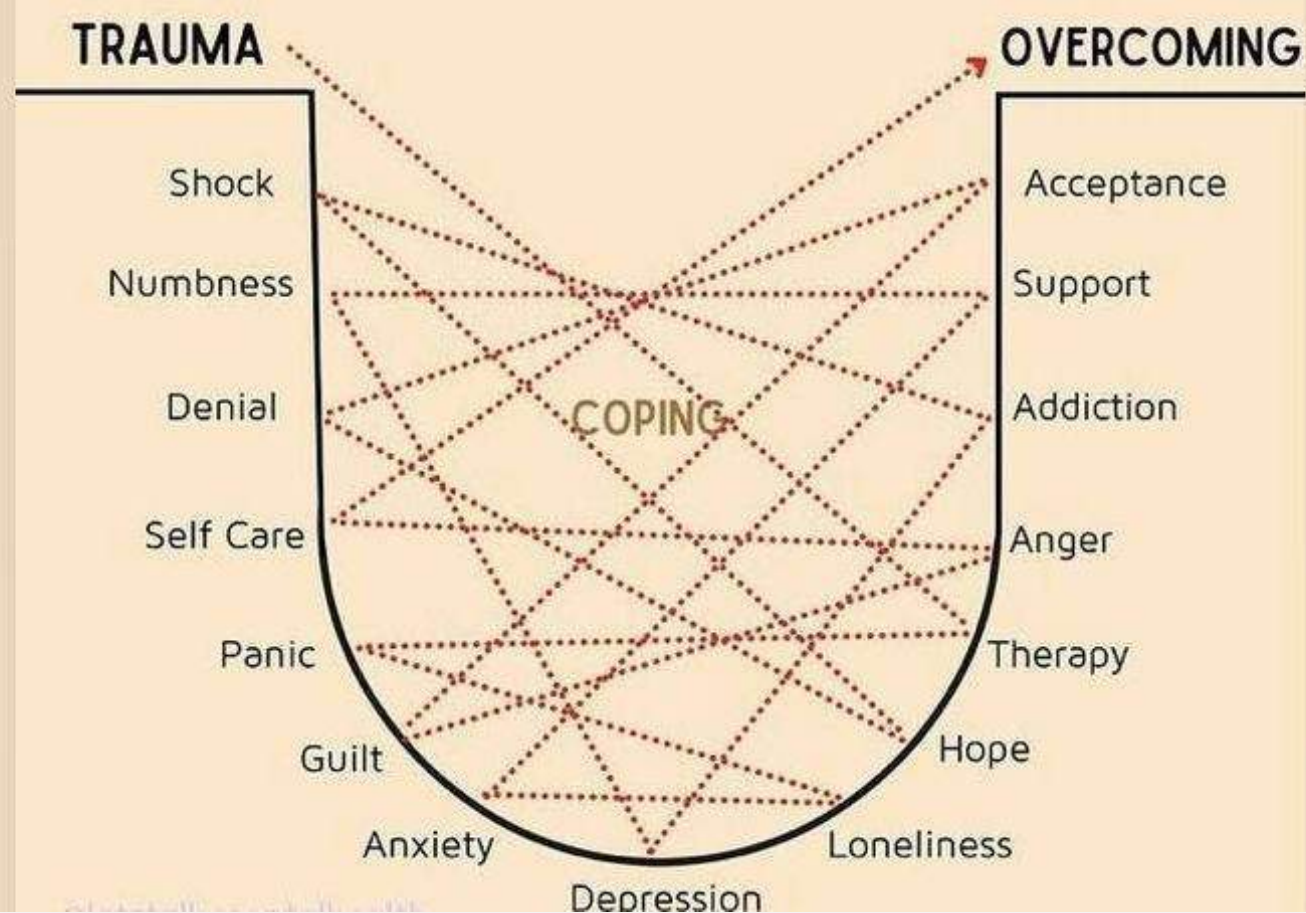
Embrace it.

The laws of detachment can aid in trauma recovery by promoting acceptance and self-awareness. Allowing others to be who they are fosters empathy and healthy relationships while recognising that solutions will emerge encourages patience and resilience during healing. Embracing your authentic self, accepting uncertainty and letting go of the need to control situations can create a foundation for growth and empowerment in the recovery process.

Reference: <https://bit.ly/3Iw95g8>



Healing Looks Different For Everyone

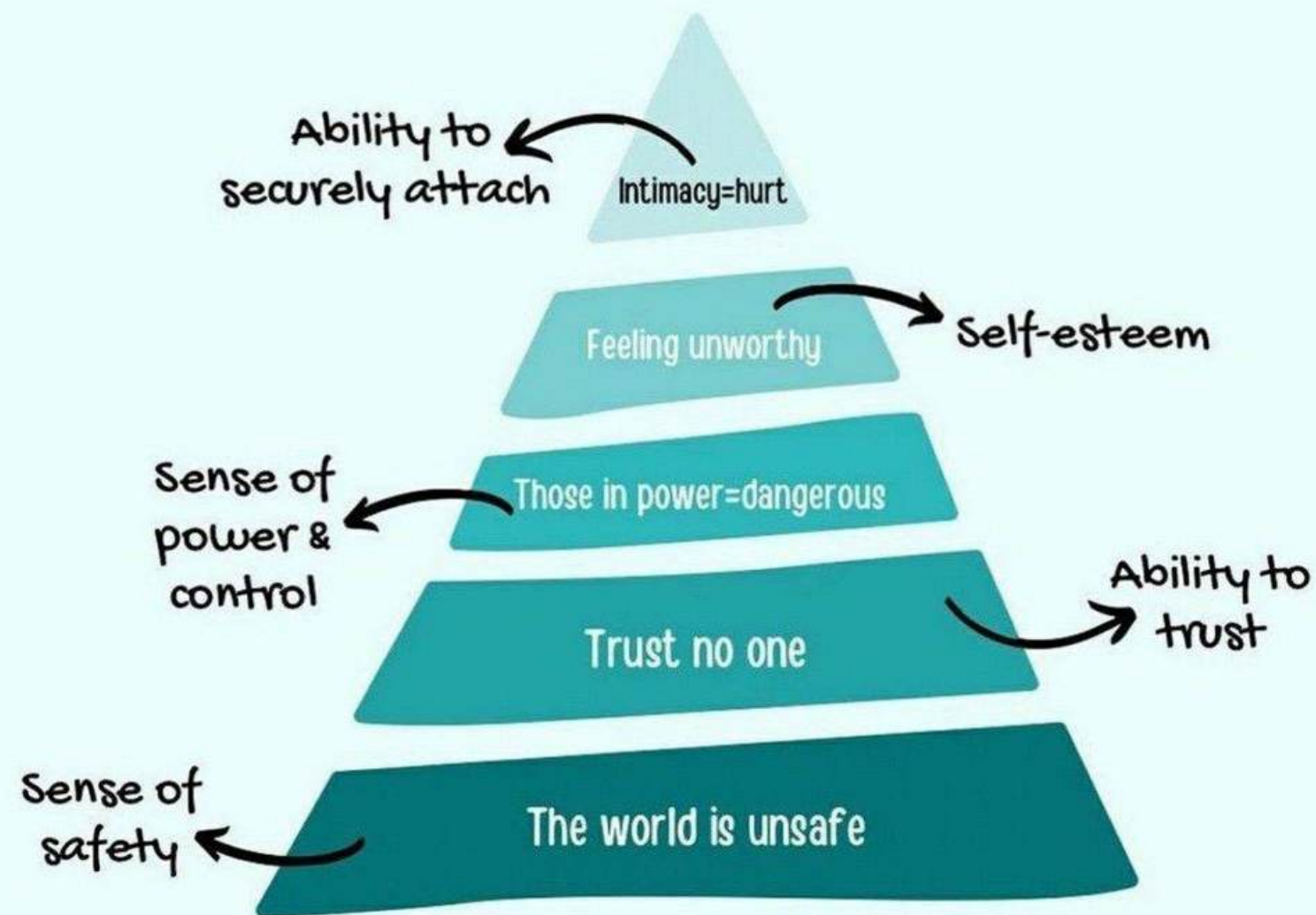


Healing from trauma is a highly individualised process that varies significantly for each person. Factors such as the type and severity of the trauma, the individual's support system and access to resources, as well as their personal resilience, shape their unique healing journey. While some may seek professional therapy or counselling, others might find solace in self-reflection, creative outlets or support from loved ones, demonstrating the importance of patience and self-compassion in this deeply personal journey.

Reference: <https://bit.ly/435CWnJ>



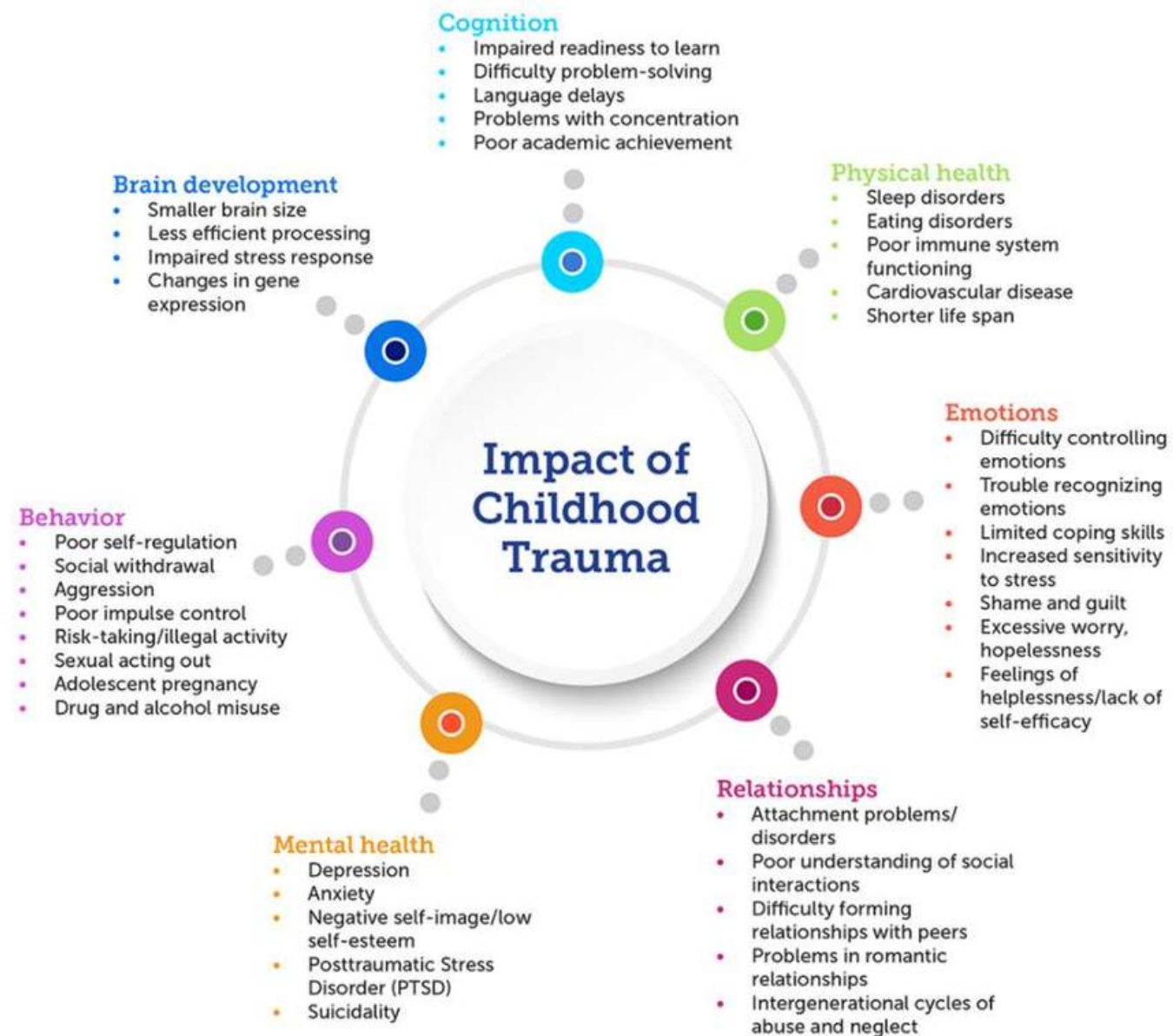
“STUCK POINTS” IN TRAUMA



Trauma can significantly impact our emotional well-being and relationships, leading to common stuck points that hinder progress. These include beliefs that intimacy leads to hurt, a sense of unworthiness and mistrust of those in power. Rebuilding trust and a sense of safety requires patience, self-compassion and often professional support to challenge negative beliefs and develop healthier perspectives.

Reference: <https://bit.ly/3oBXvcA>

Impact of Childhood Trauma



Childhood trauma has significant and lasting effects that can lead to emotional difficulties such as anxiety, depression and post-traumatic stress disorder. It can also disrupt cognitive development and impair social functioning, making it hard for individuals to form and maintain relationships. Additionally, childhood trauma is linked to physical health issues and can foster negative self-perception, impacting educational and occupational success while perpetuating cycles of trauma within families and communities.

Reference: <https://bit.ly/3JoiPzu>

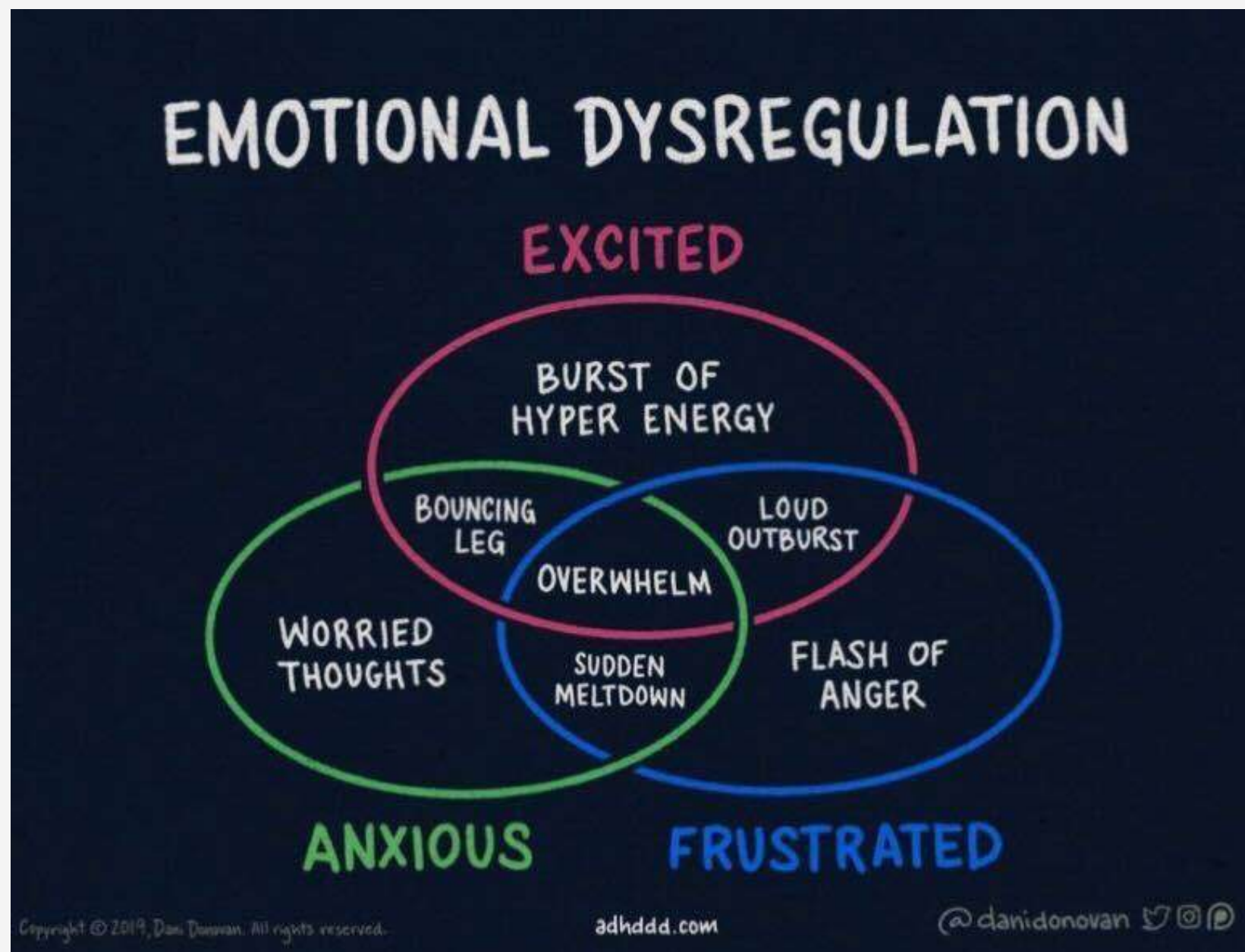


The final stage of
healing is using what
happens to you to
help others.

-Gloria Steinem

<https://mareecutlernaroba.com/>

The final stage of healing often involves utilising your own experience and the lessons gleaned from trauma to assist others who have encountered similar challenges. This process can be transformative and empowering, both for the individual who has undergone trauma and for those who receive support. Through personal growth, reflection and the development of resilience, you can cultivate a profound sense of empathy and connection with others who have endured comparable hardships. By sharing your own story and experiences, you offer validation, compassion and hope, serving as a source of inspiration for those still on their healing journey.



Emotional dysregulation involves challenges in effectively managing and expressing emotions often resulting in intense and unpredictable reactions triggered by reminders of the traumatic event. Trauma can disrupt normal emotional regulation leading to heightened sensitivity, irritability, and emotional numbing which can hinder the healing process. Addressing emotional dysregulation through therapeutic interventions such as trauma-focused therapy and mindfulness practices is crucial for restoring emotional balance and developing healthier coping strategies.

Reference: <https://buff.ly/44BQPLv>

What does **trauma blocking** behavior look like?

- EXCESSIVE USE OF SOCIAL MEDIA AND COMPULSIVE MINDLESS SCROLLING.
- BINGE DRINKING EVERY WEEKEND BECAUSE YOU ARE OFF FROM WORK.
- EXCESSIVE OR MINDLESS EATING WHEN YOU ARE NOT HUNGRY.
- COMPULSIVE EXERCISING TO REACH A GOAL THAT YOU ARE NEVER SATISFIED WITH.
- THE FEELING OF BEING UNCOMFORTABLE BEING ALONE RESULTS IN STAYING IN TOXIC RELATIONSHIPS LONG AFTER THE EXPIRATION DATE.
- COMPULSIVE ONLINE SHOPPING FOR THINGS YOU DO NOT NEED AND GOING INTO DEBT
- BECOMING A WORKAHOLIC AND HAVING POOR BOUNDARIES AT WORK INCLUDING BEING AVAILABLE 24/7.

Trauma blocking behaviour encompasses various coping mechanisms and defensive responses that individuals may use when faced with traumatic experiences or reminders. These behaviours aim to avoid or minimise emotional and psychological distress and can include emotional numbing, avoidance of triggers, disengagement from relationships, excessive busyness and self-destructive behaviours. Such behaviours act as protective barriers to shield individuals from re-experiencing overwhelming emotions and memories linked to their trauma.

Reference: <https://buff.ly/44KVV7v>



Mental health encompasses emotional, psychological and social well-being, influencing how individuals think, feel and act in different situations. It is essential for managing stress, building relationships and making sound decisions. Maintaining mental health involves self-awareness, seeking help when needed and fostering open conversations to reduce stigma and create a supportive environment.

Trauma permanently changes us.

This is the big, scary truth about trauma: there is no such thing as "getting over it."

The five stages of grief model marks universal stages in learning to accept loss, but the reality is in fact much bigger: a major life disruption leaves a new normal in its wake. There is no "back to the old me. You are different now, full stop.

- CATHERINE WOODWISS

CPTSDfoundation.org

Trauma has a profound, lasting impact, fundamentally altering who we are. It is not about "getting over it," but learning to live with the aftermath, navigating a new normal that incorporates the changes trauma brings. Acknowledging this shift is essential for healing, as it embraces the indelible mark left by trauma.


Reference: <https://buff.ly/378KB6U>



Your trauma is not
your fault, your
healing is your
responsibility



Trauma can be caused by external factors beyond an individual's control and it is essential to recognise that you are not to blame for what happened to you. However, taking responsibility for your healing process empowers you to seek support, therapy or other resources that facilitate recovery and growth. Acknowledging this responsibility does not negate the need for compassion, understanding and support from others, but it reinforces the notion that you have the capacity to reclaim control over your life and work towards healing and resilience.



Ways to Make Mental Health a Priority

Mental health is crucial for a fulfilling life and focusing on key elements can enhance well-being. Practising gratitude shifts your mindset to the positive and improves overall wellness. Social connections are vital so stay in touch with loved ones and expand your circle by joining clubs or organisations that align with your interests. Setting boundaries is important for maintaining good mental health as it helps you prioritise your needs and reduce stress. Lastly, making time for self-care through activities like reading or meditation is essential for nurturing your mental wellness.

Reference: <https://buff.ly/3qd4edR>

MENTAL HEALTH TIPS

- Limit exposure to negative news and social media.
- Find healthy coping mechanisms.
- ✦ • Practice gratitude.
- Talk to someone about your feelings.
- Prioritise self-compassion and set healthy boundaries.

If you are recovering from childhood trauma, prioritising mental health and well-being is essential. Limiting exposure to negative news and social media can prevent triggering past traumas and foster emotional safety. Finding healthy coping mechanisms allows individuals to process emotions constructively, promoting healing and growth. Practising gratitude shifts focus to positive aspects of life, instilling hope and resilience. Talking about feelings with a therapist or supportive friend helps release pent-up emotions and encourages understanding. Additionally, prioritising self-compassion and setting healthy boundaries honours personal needs and establishes self-worth, contributing to a healthier sense of self in the recovery journey.

Reference: <https://buff.ly/2VyaAAS>



Taking care of your mental health requires regular self-checks on essential aspects such as maintaining a balanced diet and ensuring proper sleep. It's important to reach out to supportive friends, family or professionals when needed and to practice self-compassion by acknowledging your emotions. This holistic approach nurtures your well-being by addressing physical needs and fostering connections.

5 Stages of Recovery for Mental Health



3

Making a Change

Making change after treatment can make all the difference in your recovery. By learning to prioritise healthy relationships and developing a support system, you'll give yourself the best chance of long-term recovery.



1

Starting Treatment

Deciding to start treatment is the most important step of recovery. This is where the healing starts!



4

Finding New Meaning

Finding new hobbies, activities, responsibilities, and other rewarding factors in life can help you to find joy in the little things once again.



2

Mental Illness Education

Understanding your mental health conditions is the foundation of recovery. In this stage of recovery, you'll learn common symptoms and coping skills for any mental illnesses you're facing.



5

Sticking with Recovery

Recovery requires commitment. When you decide to keep working on your recovery every day, you achieve the last stage of mental health recovery!



The significance of recovery in the realm of mental health is an indispensable cornerstone that shapes the well-being and resilience of individuals. Just as rest allows the body to heal after physical exertion, the process of recovery offers a vital opportunity for the mind to rejuvenate, recalibrate and regain equilibrium. In a world marked by increasing stressors and complexities, acknowledging and prioritising mental health recovery is a powerful step towards nurturing emotional stability, fostering personal growth, and ultimately enhancing one's overall quality of life.

Reference: <https://buff.ly/3QyU2XF>

Post-Traumatic Growth

Factors Leading to Post-Traumatic Growth



THERAPY

A trauma-informed therapist can help you understand, process, and cope with trauma.



LEARNING ABOUT TRAUMA

Learning how trauma impacts your brain, emotions, and relationships can help you understand your symptoms.



COMMUNITY SUPPORT

Support from people who understand can help you grow.

Outcomes of Post-Traumatic Growth



A GREATER APPRECIATION OF LIFE

appreciating the value of each day in a way you didn't before



IMPROVED RELATIONSHIPS

a sense of closeness, compassion, and knowing you can count on others



NEW POSSIBILITIES

new interests, a new life path, or a willingness to make positive changes



PERSONAL STRENGTH

knowing you can handle difficult things and rely on yourself



SPIRITUAL CHANGE

a deeper understanding of spirituality, or stronger faith than before

Post-Traumatic Growth (PTG) refers to the positive psychological changes that individuals may experience after enduring significant adversity or trauma. Instead of solely focusing on the negative effects of trauma, PTG emphasises how individuals can develop a greater sense of resilience, personal strength, enhanced relationships and a deeper appreciation for life as a result of their traumatic experiences. This concept highlights the potential for personal growth and transformation in the aftermath of challenging circumstances.

Reference: <https://buff.ly/3scUaSS>

Signs of a Wounded Inner Child

- You are easily offended and hurt. And others feel they have to "walk on egg shells" around you
- You don't have a strong sense of identity.
- You feel inadequate as a man or a woman.
- You're unforgiving to yourself, rigid and a perfectionist.
- You have deep abandonment issues and would cling to relationships, even when they are toxic.
- You don't trust yourself
- You experience anxiety when going out of your comfort zone.
- You deliberately like being in conflict with people around you.
- You need external validation
- You attract emotionally unavailable people
- You feel that there is something wrong with you, in the deepest parts of yourself.
- You're a people-pleaser.
- You're a hoarder of things, emotions, people, and you have a hard time letting go.
- You constantly criticize yourself for your supposed inadequacy.
- You have a hard time committing and trusting.
- You are afraid of being hurt



The wounded inner child is a psychological concept within the context of recovery from childhood trauma, representing the lingering emotional and psychological impact of adverse experiences. It refers to the unresolved pain, unmet needs and distorted beliefs that stem from traumatic events during one's formative years. Addressing the wounded inner child involves acknowledging and healing these emotional wounds, fostering self-compassion, challenging negative beliefs and integrating healthier coping mechanisms, ultimately facilitating personal growth and emotional well-being in adulthood.

Reference: <https://buff.ly/3OGyNAJ>

SIGNS OF HEALING FROM ABUSE		
Honest with your feelings	Can manage emotions	Feel less empty or sad
Worry less	Takes care of your health	Improved health & less symptoms
More confident	Proud of achievements	Less guilt, shame, & self-blame
Don't blame self for bad things	More autonomy	Better idea of self and life goals
Comfortable with yourself	Can trust, rely, and be intimate with others	Can maintain relationships
Can identify & meet own needs	Less indecisive	Fewer flashbacks & triggers
Know you have more control than you think	Feel less fear in life	Don't run away from challenges
Recognize own strengths, talents, & qualities	No longer a people pleaser	Looks for internal validation
Know it's okay if something's not perfect	No longer self-sabotage	Strive to be better parent for own children
Can put yourself first sometimes	Believes self is worthy of love & respect	Able to see the bright side
Have hope in self and future	Trusts, believes, and loves yourself	Feel content and fulfilled with self & life
HOPEFULPANDA.COM		


Embracing the journey of healing from abuse doesn't require checking off every sign on the list; it's not a test with a right or wrong answer. It's important to remember that healing is a deeply personal process, and progress can manifest in countless ways. Each sign you identify and each step you take is a testament to your strength and resilience. Healing is not a race or a destination; it's a continuous voyage of self-discovery and growth. Every small victory, no matter how seemingly insignificant, is a significant stride forward. So be kind to yourself, acknowledge the progress you've made and honor the unique path you're carving towards renewal and empowerment.

Reference: <https://buff.ly/3qI6o6W>

⋮ ⋮ ⋮
If you don't speak :
about your grief and
find a way to let it
out - your body will
do the talking for
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⋮ ⋮ ⋮
you.

Suppressing and burying the pain of childhood trauma can lead to silent suffering that takes a toll on your well-being. When unexpressed, grief finds alternative avenues to manifest itself, often through physical symptoms like chronic stress, insomnia or even more severe health issues. To heal and reclaim your life, it's crucial to acknowledge your pain, seek support and gradually release the emotions that have been held captive for too long. Embracing this journey towards self-discovery and healing empowers you to regain control over your narrative, offering a chance to mend not only your emotional scars but also to reestablish a harmonious connection between your mind and body.

Reference: <https://buff.ly/44wZogI>



Breaking the culture
of silence
surrounding child
abuse and neglect



The culture of silence around child abuse and neglect persists due to stigma, shame and fear. Victims, especially children, often feel guilt or embarrassment and fear retaliation or the consequences of disclosure. This lack of awareness and education in society further discourages open discussion, allowing abuse to continue unchecked and affecting survivors' long-term well-being.

Reference: <https://buff.ly/44UrBaj>

**There is no timestamp on trauma.
There isn't a formula that you can
insert yourself into to get from
horror to healed.**

**Be patient. Take up space.
Let your journey be the balm.**

-Dawn Serra



The experience of trauma is not bound by time, and its healing cannot be neatly quantified or dictated by a specific formula. It is a deeply personal and unique process that varies from individual to individual. Patience is essential in allowing oneself the necessary time and space to navigate this journey of healing. By embracing this journey, with all its ups and downs, one can find solace and restoration, gradually discovering the balm that brings comfort and wholeness.



Tips For Taking Care Of Your
MENTAL HEALTH

**Talk to someone
you trust**

**Take care of your
physical health**

**Do activities
that you enjoy**

**Take two minutes
to focus on the
world around you**

**Don't be afraid
to say "no"**

**Tell yourself that
everything
will be fine**

@The Recovery from Childhood Trauma Initiative

Taking care of your mental health is essential when recovering from childhood trauma. Speaking to someone you trust, such as a therapist or supportive friend, can help validate your experiences and aid in processing trauma. Prioritising physical health, engaging in enjoyable activities and setting boundaries also contribute to fostering resilience and protecting your well-being.

HEALING THE INNER CHILD

REJECTION TRAUMA

Symptoms:

- You easily make negative assumptions about what others are thinking
- You're wary about letting people in
- You find compromising difficult
- You're A People-Pleaser

Meditate 30 min

Affirmations:

- Positive energy nourishes my body, and helps me radiate joy to others.
- A happy, joyful life is being created for me right now.



BETRAYAL TRAUMA

Symptoms:

- Trouble recognizing, expressing, or managing emotions
- Anxiety, depression, and other mental health symptoms
- Nightmares
- Panic attacks

Meditate 25 min

Affirmations:

- Every challenge I face is an opportunity to grow and improve.
- My contributions are unique and meaningful.



ABANDONMENT TRAUMA

Symptoms:

- Fear of being left behind or abandoned
- Inability to form healthy relationships in the teenage or adult years
- Low self-esteem and feelings of self-worth

Meditate 10 min

Affirmations:

- All my words, thoughts, and actions are divinely guided and protected.
- The universe will guide me on anything and everything divinely.



INJUSTICE TRAUMA

Symptoms:

- Chronic chest or back pain
- Feeling fatigued or drained
- Unpredictable and irrational emotions
- Disorientation and short attention span

Meditate 12 min

Affirmations:

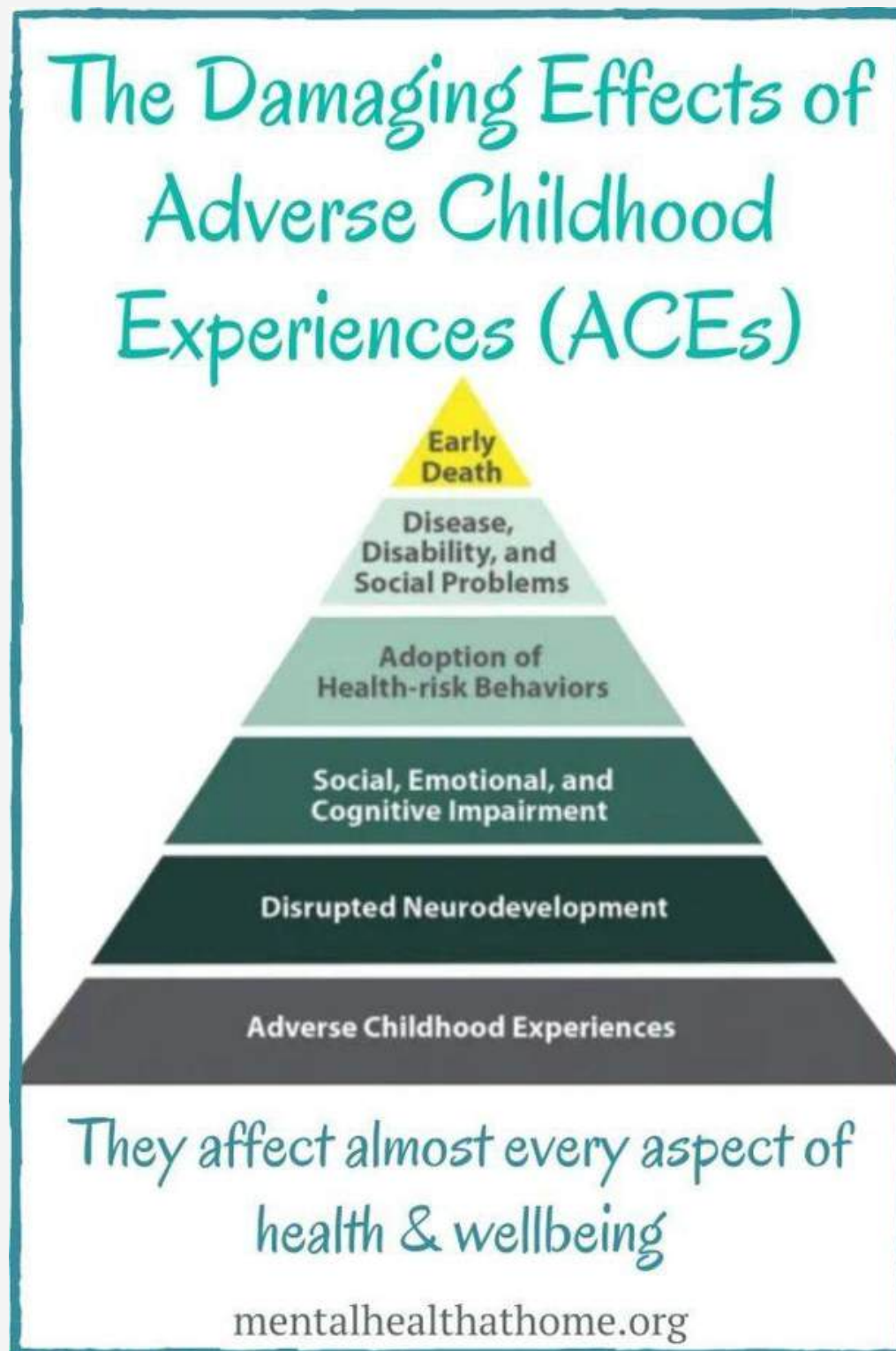
- I deserve to feel safe, comfortable and confident in this body.
- I accept myself the way I am. My body is perfect the way it is.



Better Me.

Healing the inner child involves addressing unresolved wounds and unmet needs from early years, nurturing the vulnerable part of yourself that carries scars from past experiences. This process fosters personal growth, healthier relationships and emotional resilience. By healing these wounds you can break free from self-sabotage and lead a more fulfilling and authentic life.

Reference: <https://buff.ly/3hDG3fR>



Adverse childhood experiences (ACEs) encompass various traumatic events such as abuse, neglect, household dysfunction or witnessing violence, which can significantly affect an individual's physical, mental and emotional well-being throughout life. These experiences increase vulnerability to mental health disorders like depression and anxiety while also raising the risk of substance abuse and addiction. Additionally, ACEs can lead to physical health issues such as heart disease and obesity, highlighting the need for early intervention and trauma-informed care to address their long-term impact.

Reference: <https://buff.ly/3Fouqw3>

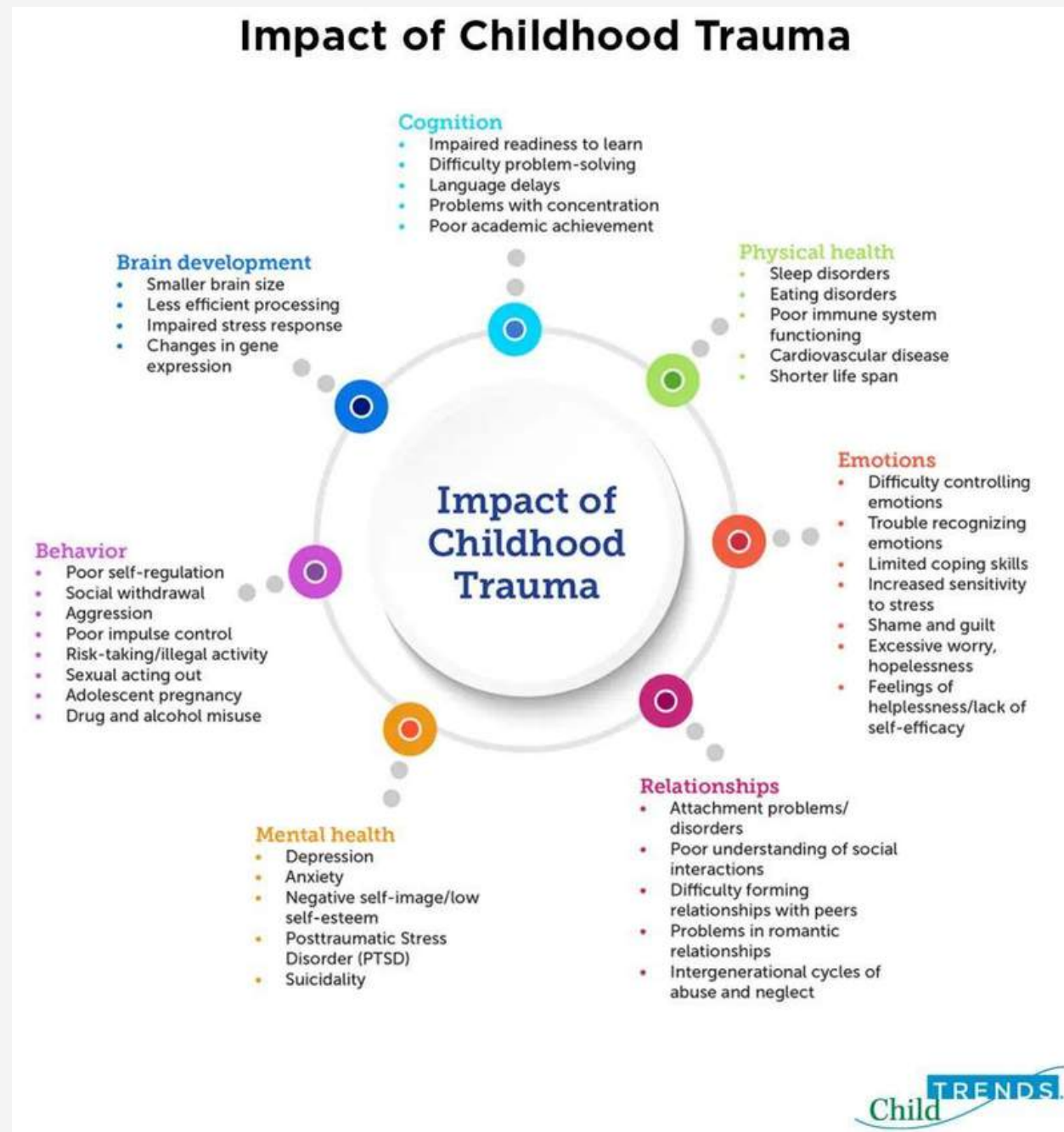


Recovery from childhood trauma often requires a holistic approach that addresses multiple aspects of life. Establishing connections with supportive individuals fosters emotional healing while physical activity helps release tension and stress from past experiences. Engaging in self-reflection and cultivating creativity can aid in processing emotions and promote personal growth, while sufficient rest and setting boundaries protect emotional well-being and enhance resilience.



Childhood trauma can leave lasting scars that impact mental and physical health, relationships and overall well-being. Early traumatic experiences like abuse or neglect may lead to long-term psychological distress, with the brain sometimes concealing these memories as a coping mechanism. Understanding how traumatic memories are stored subconsciously can pave the way for new treatments that help survivors access and heal from these buried experiences, offering hope for overcoming the effects of childhood trauma.

Reference: <https://buff.ly/46xzmUW>



Understanding the impact of childhood trauma is crucial in implementing trauma-informed care, which focuses on creating a nurturing environment that acknowledges the lasting effects of trauma. This approach highlights the importance of safe spaces and supportive relationships to help individuals overcome the negative consequences of their experiences. Trauma-informed care emphasises resilience-building, recognising that with the right support, people can heal and thrive despite adversity.

Reference: <https://buff.ly/3ocA7kL>

SIGNS YOU ARE DISCONNECTED FROM YOURSELF



You struggle to remember what you did that day or week...



You struggle to recall what brings you joy.



You feel as if you are floating or if your life isn't real.



You can't remember the last time you really looked in a mirror.



You feel like the world is happening around you but without you.



You observe yourself from outside your body.



You feel physically numb and/or empty.



You feel like you are putting on a show in basic conversations.

- @alifecoloredamber | TheMindsJournal

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Individuals recovering from childhood trauma often experience disconnection from themselves, which can manifest as emotional numbness or difficulty recalling daily activities. Seeking therapy or counselling from a trauma specialist can help process past experiences and foster reconnection with the authentic self. Self-care practices like mindfulness and journaling also support grounding and emotional healing, though patience is key as the recovery journey takes time.

Reference: <https://buff.ly/49ilUqj>

THE AFTERMATH OF TRAUMA CAN FEEL LIKE:

- Frequent obsessive thoughts about the traumatic event
- Dreams, nightmares or flashbacks about the traumatic event
- Sudden shift in your world view, believing that most things are bad and most people have bad intentions
- Avoiding all reminders of your trauma, including people, places, smells, and similar circumstances
- Shutting down when things feel stressful because life feels too overwhelming most of the time
- Difficulty having functional relationships because of the ever-present sense of lack of safety with others

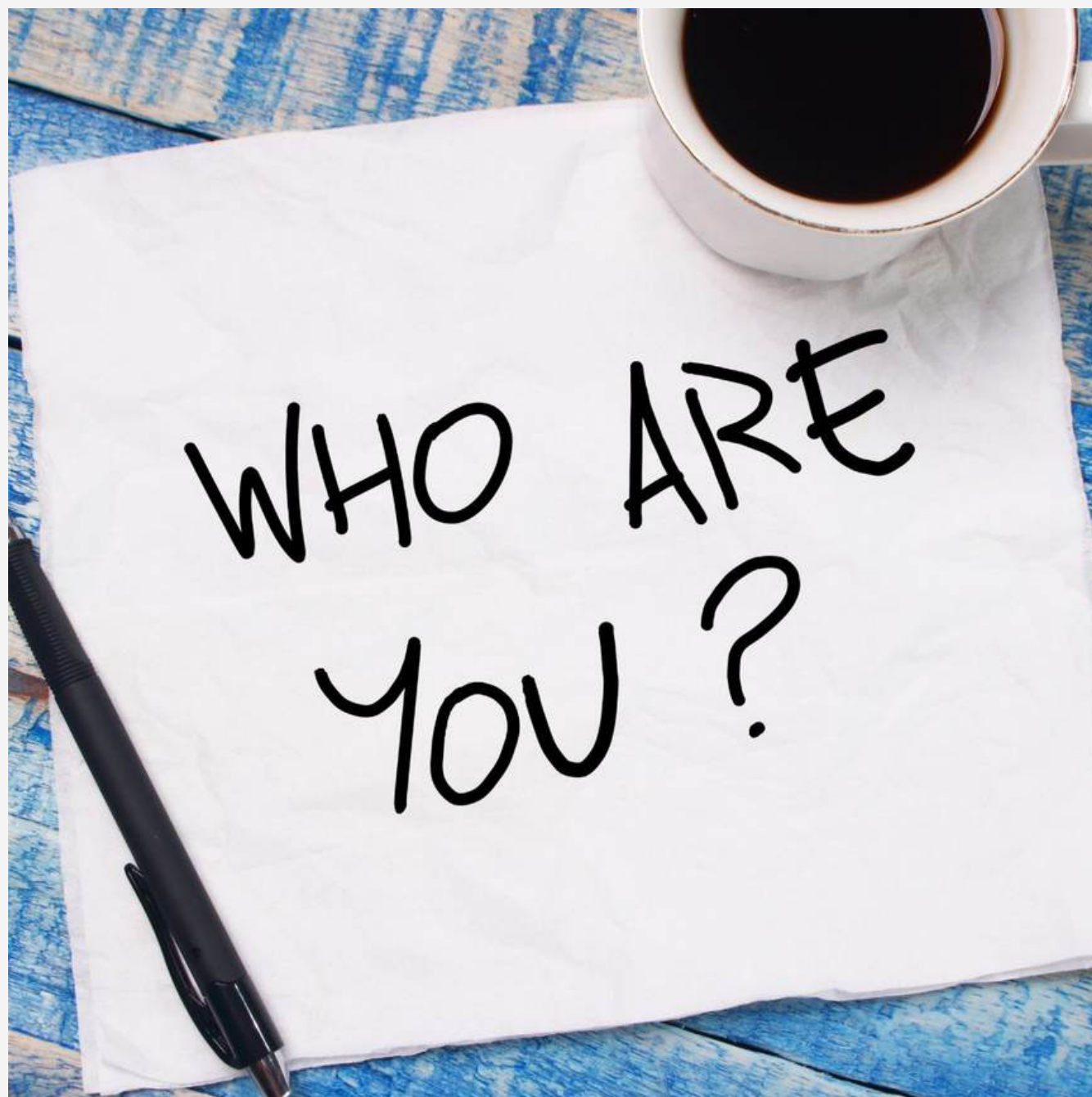
YOU MIGHT ALSO FEEL:

- Upset stomach
- Sweaty palms or underarms
- Foggy thoughts or frequent dissociation
- Depression and anxiety
- Getting easily sidetracked with reminders of your trauma
- Racing and un-welcomed thoughts
- Unexplained physical symptoms

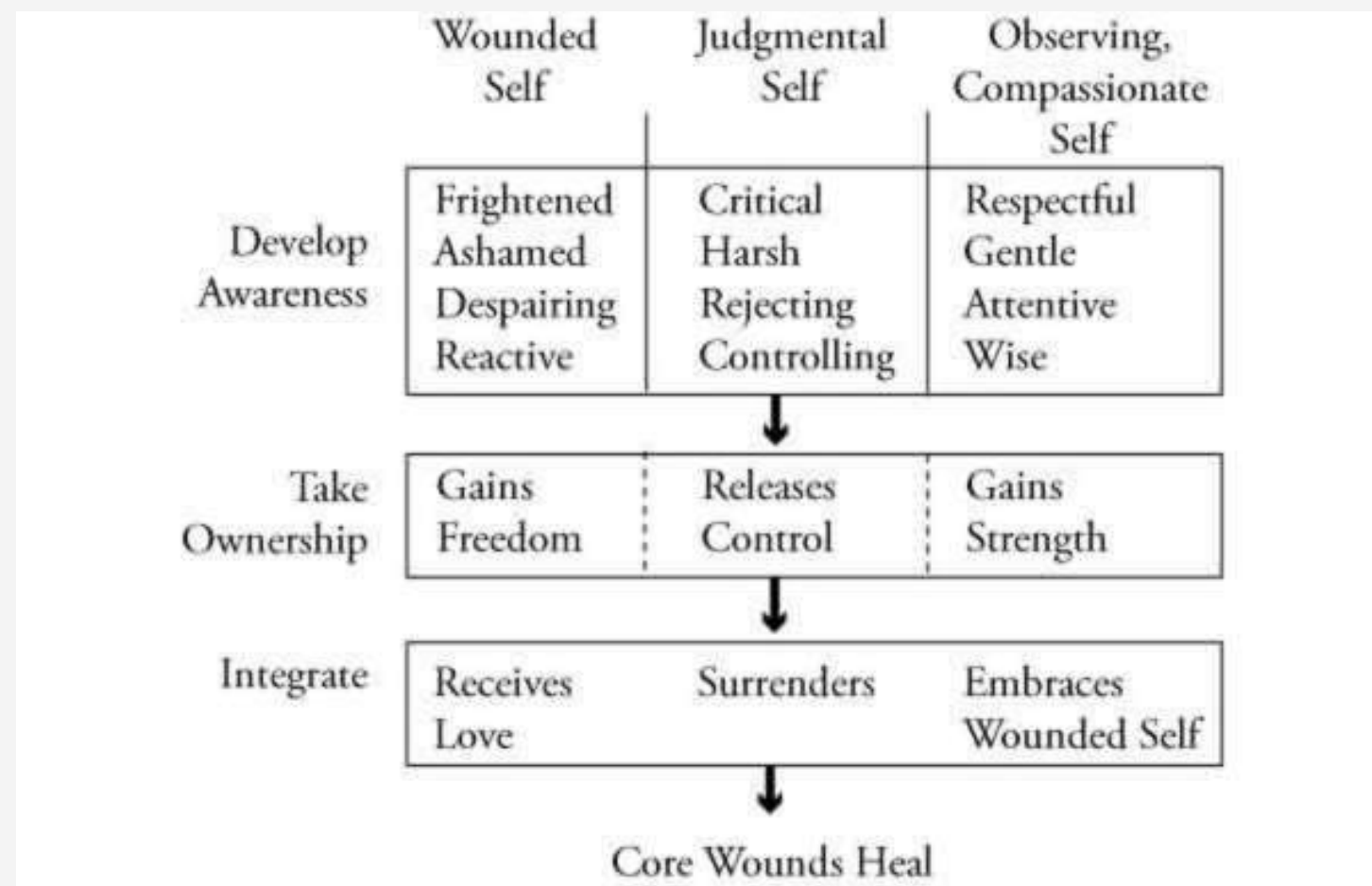
The aftermath of childhood trauma often creates a tangled web of emotions and challenges, like navigating a maze with no clear exit. But what's crucial to remember is that individuals who have undergone these experiences can find remarkable strength and resilience within themselves. It's the journey towards understanding, empathy and healing that matters.

With the right support and care, you can begin to untangle the threads of your past and piece by piece, weave a brighter and more hopeful future.

Reference: <https://buff.ly/4odnLbE>



In the process of recovering from childhood trauma, the question "Who are you?" becomes deeply significant, prompting self-reflection and personal discovery. It's about exploring the layers of your identity, understanding the impact of your experiences and gradually piecing together the fragments of your past. This journey encourages self-rediscovery, acceptance and growth, offering a path to healing and transformation.



In the recovery from childhood trauma, the healing journey involves awareness, ownership and integration. You begin by recognising your judgmental and wounded selves while nurturing your compassionate self. By taking ownership of these parts, you allow compassion to heal and transform them. Integration then brings these elements together, leading to inner peace and a renewed sense of self-worth.

Reference: <https://buff.ly/45VzRaE>



Healing from childhood trauma is a gradual and personal process that varies for each individual. It's important to recognise that while the wounds of the past may not fade quickly, progress can be made over time with patience and the right support. Remember that experiencing setbacks is normal, and every small victory is significant, as you build on your inner strength and resilience while moving towards brighter days ahead.

Reference: <https://buff.ly/467f83L>

MAJOR GIVEAWAYS OF CHILDHOOD TRAUMA

Unhealed childhood trauma doesn't simply go away. When we don't go back and address our trauma, it can manifest as:



External
validation



Need to prove
themselves



Fixing others



Attracts narcissistic
partners



Fear of
abandonment



Dependency



People pleasing



De-prioritize
own needs



Hyper vigilance
| TheMindsJournal



Difficulty setting
boundaries



Co-dependency

MINDJOURNAL

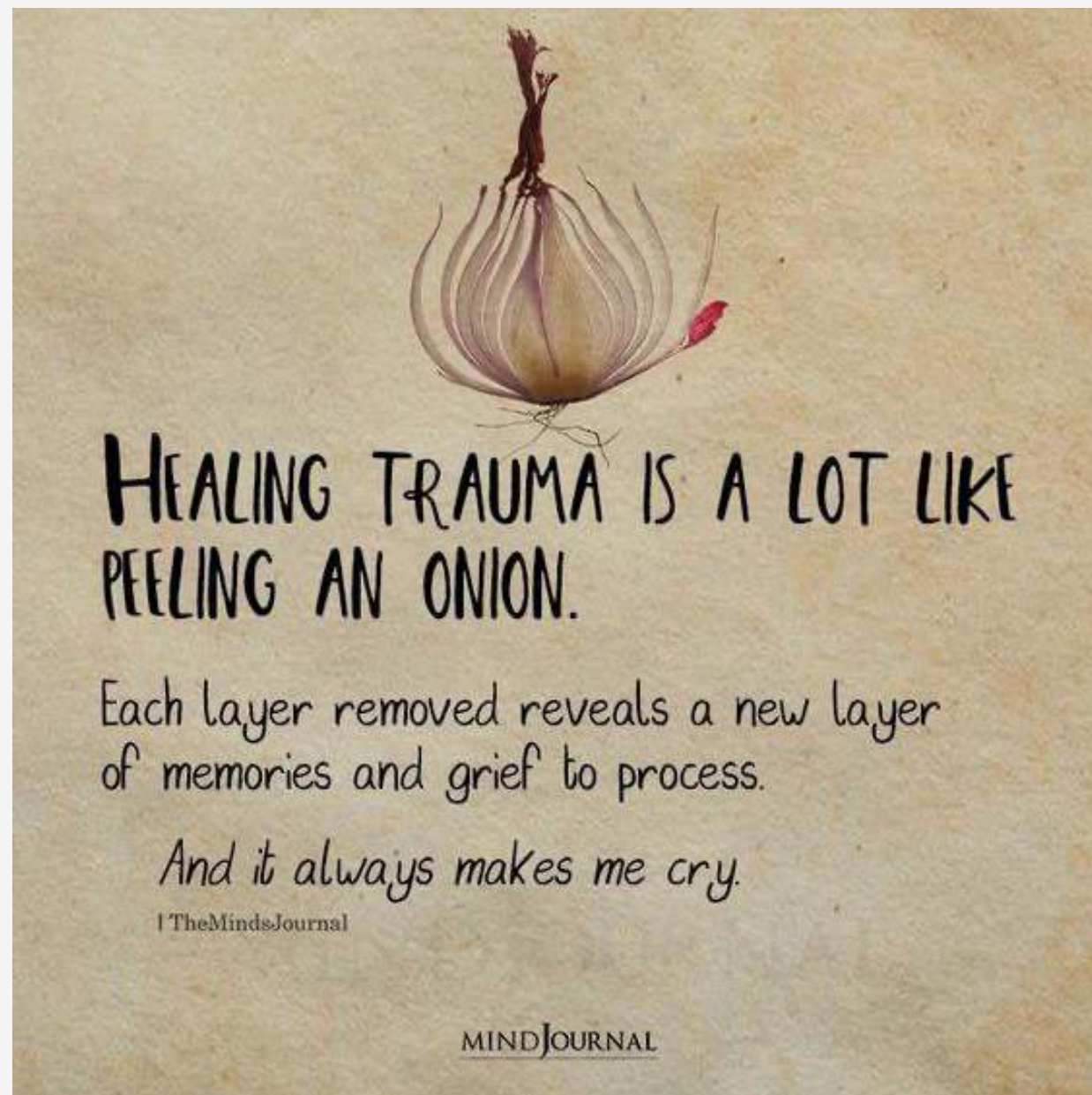
As you prepare for the years ahead, consider the idea of letting go of childhood traumas to create a fresh start. Taking the time to confront and overcome these past experiences can be transformative, allowing you to say goodbye to outdated versions of yourself. This journey of self-discovery can lead to a more authentic and resilient you, unlocking new possibilities for the year ahead.

Reference: <https://buff.ly/3QMy1TE>



**BREAKING THE SILENCE:
UNDERSTANDING THE
COMPLEX TRAUMA OF
CHILD ABUSE AND NEGLECT**

Breaking the Silence: Understanding the Complex Trauma of Child Abuse and Neglect is a vital conversation we must engage in to shed light on the profound impact of maltreatment on children's lives. By acknowledging the intricate web of trauma that ensnares young individuals subjected to abuse and neglect, we can begin to dismantle the pervasive culture of silence surrounding this issue. Embracing a trauma-informed approach is essential in providing survivors with the support they need to heal and reclaim their lives.



Healing from the wounds of adverse childhood experiences resembles peeling an onion, as it is a layered process that can be tearful. With each layer removed, you confront new memories and grief that require acknowledgement and processing, and like the sting of chopping onions, emotions may surge forth. However, this act of peeling away layers signifies progress in unravelling the complexities of your past, with each tear shed serving as a testament to the courage and resilience needed to confront your history, fostering the potential for profound healing and growth.

Reference: <https://buff.ly/4ap3HqA>

The Recovery from Childhood Trauma Initiative

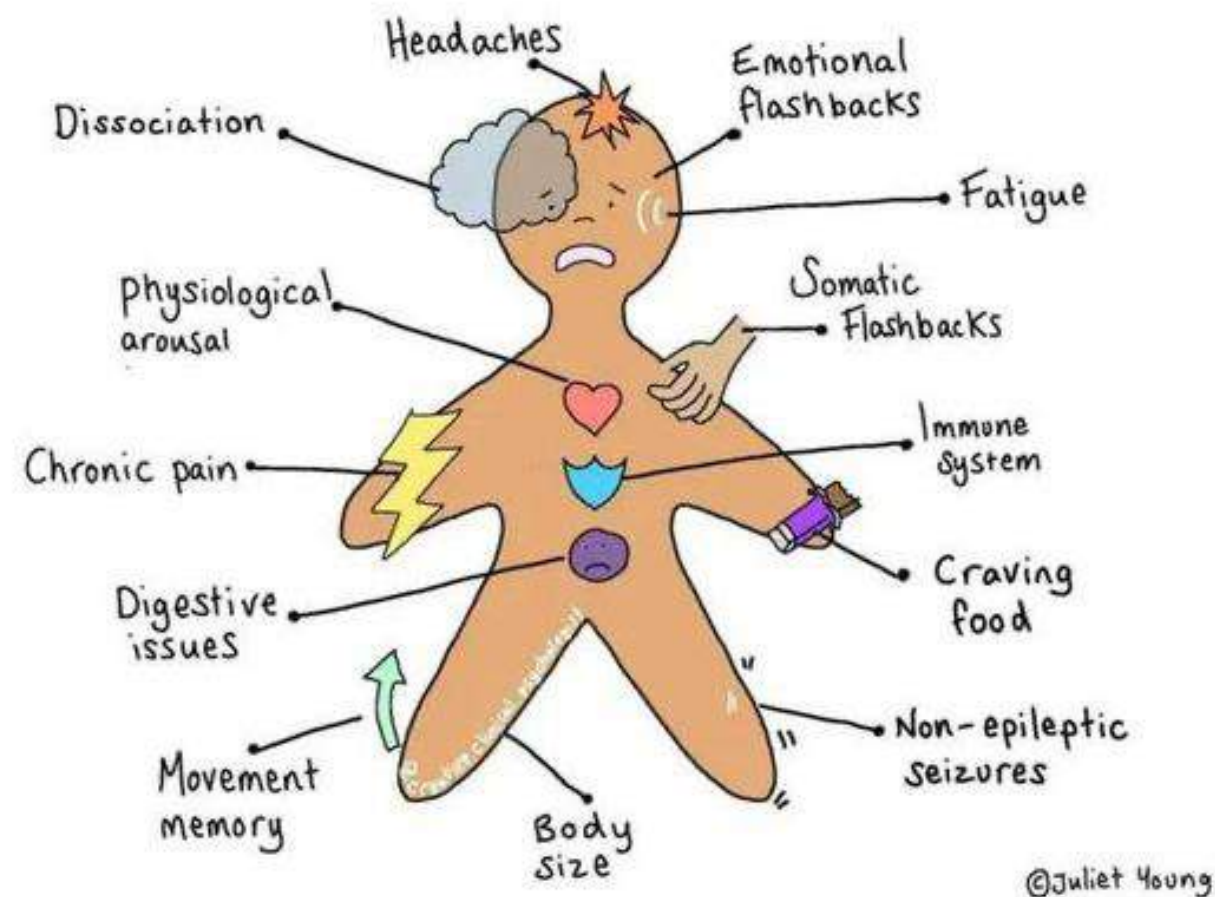
**Your Trauma Was
Real (It Doesn't
Matter What
Anyone Says)**



Recovering from childhood trauma can be an arduous journey, often compounded by societal disbelief or minimisation of one's experiences. However, it's crucial to remember: Your trauma was real, irrespective of others' perceptions or dismissals. Your pain and your struggles are valid and significant. No one else lived your reality, felt your emotions or endured your hardships. Embrace the truth of your experiences, acknowledge their impact on your life and honour your journey towards healing. You are deserving of compassion, support and the opportunity to reclaim your sense of self-worth.

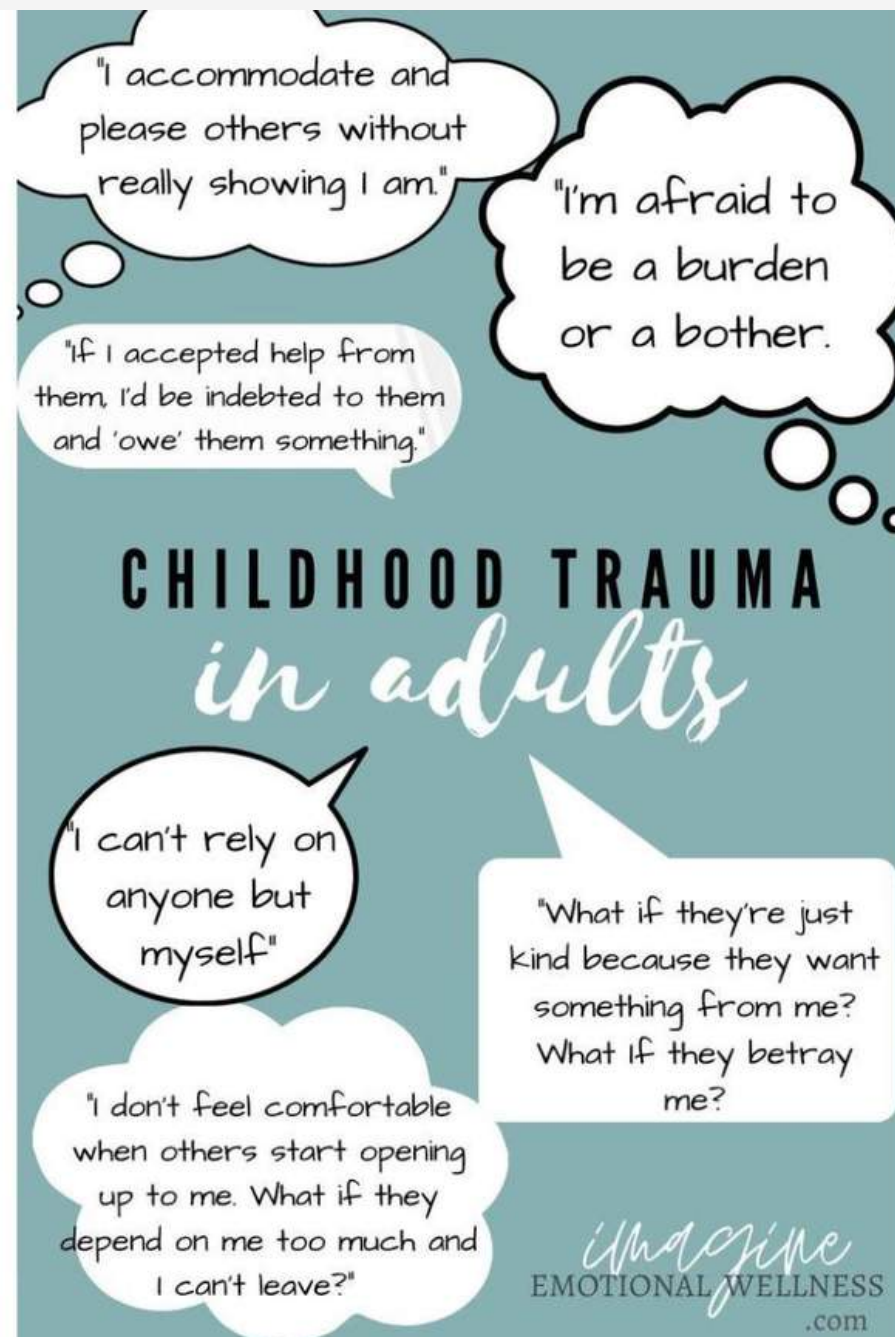
How Does the Body Keep the Score?

Sometimes when overwhelming traumatic events happen, the physiological energy can be pushed down into the body. This 'trapped trauma' energy can show in different ways...



Experiencing trauma can damage your brain, resulting in significant changes in its structure and function, particularly in areas associated with stress response, emotion regulation and memory processing. Recognising that healing from trauma also influences your brain is essential. Therapy, support networks and coping mechanisms can help counteract the damaging effects. This process promotes neuroplasticity, enabling your brain to adapt and recover, facilitating the rewiring of neural pathways and restoring a sense of safety, resilience and well-being.

Reference: <https://buff.ly/3BtPKXu>



Inner child wounds in adult relationships refer to unresolved emotional issues from your childhood that continue to impact your behaviour and interactions in adulthood. These wounds often stem from experiences such as neglect, abandonment or trauma during your formative years, shaping your perceptions of self and relationships. Addressing inner child wounds involves acknowledging past traumas, healing emotional wounds and developing healthier relationship patterns through self-awareness and self-compassion.





Reference: <https://buff.ly/441L1vi>



Did you know trauma can linger in the body, affecting mental and physical health? Whether from a single event or prolonged experiences, trauma disrupts memory storage in the brain, leading to fragmented recollections. These memories can trigger physical reactions resembling the original trauma. The body's fight-or-flight response becomes hypersensitive, reacting even in non-life-threatening situations. Chronic stress hormone activation weakens immunity and contributes to health issues like heart disease and autoimmune disorders. Accumulated trauma worsens these effects. Recognising trauma's physiological manifestations is crucial for effective treatment.


Reference: <https://buff.ly/3U7Sh46>

Allow Yourself :

-  To feel what you feel - it is all valid
-  to sit with those feelings and take your time working through them
-  To self soothe in the best way you know how
-  To reach out for help if it feels like to much

@Recovery from
Childhood Trauma
Initiative

Recovering from childhood trauma can be challenging, but it's important to give yourself permission to feel and heal. Your emotions are valid, so take your time processing them. Find comfort in self-soothing activities and don't hesitate to reach out for support when needed. Remember, healing is a journey, and every step you take is a sign of your strength and resilience.



LOVE	SURVIVAL
VALIDATED FEELINGS	DISMISSIVE OF FEELINGS AND OPINIONS
PRAISED FOR SUCCESS AS WELL AS THE EFFORT	HARSH CRITICISM
WARM PHYSICAL TOUCH	FEELING UNSAFE IN OWN HOME
STRUCTURE & APPROPRIATE CONSEQUENCES	UNPREDICTABLE OR UNSTABLE CAREGIVERS
UNCONDITIONAL POSITIVE REGARD	PHYSICAL, EMOTIONAL OR SEXUAL ABUSE
PATIENCE & UNDERSTANDING	NEGLECTED OF BASIC NEEDS

Being raised in love versus being raised in survival highlights the contrasting experiences of childhood shaped by the quality of care and environment provided by caregivers. In a loving upbringing, children receive emotional support, nurturing and a sense of security, essential for healthy development. Conversely, a survival-focused upbringing neglects not only emotional needs but also basic necessities like safety. This environment fosters chronic stress, insecurity and a lack of emotional connection, profoundly impacting a child's mental and emotional development, often leading to long-term consequences in adulthood.

NOT A TRIGGER

It's normal to feel upset, anxious, or extremely uncomfortable when we encounter difficult content. Having a strong reaction is normal & learning to regulate is part of normal emotional development.



TRIGGER

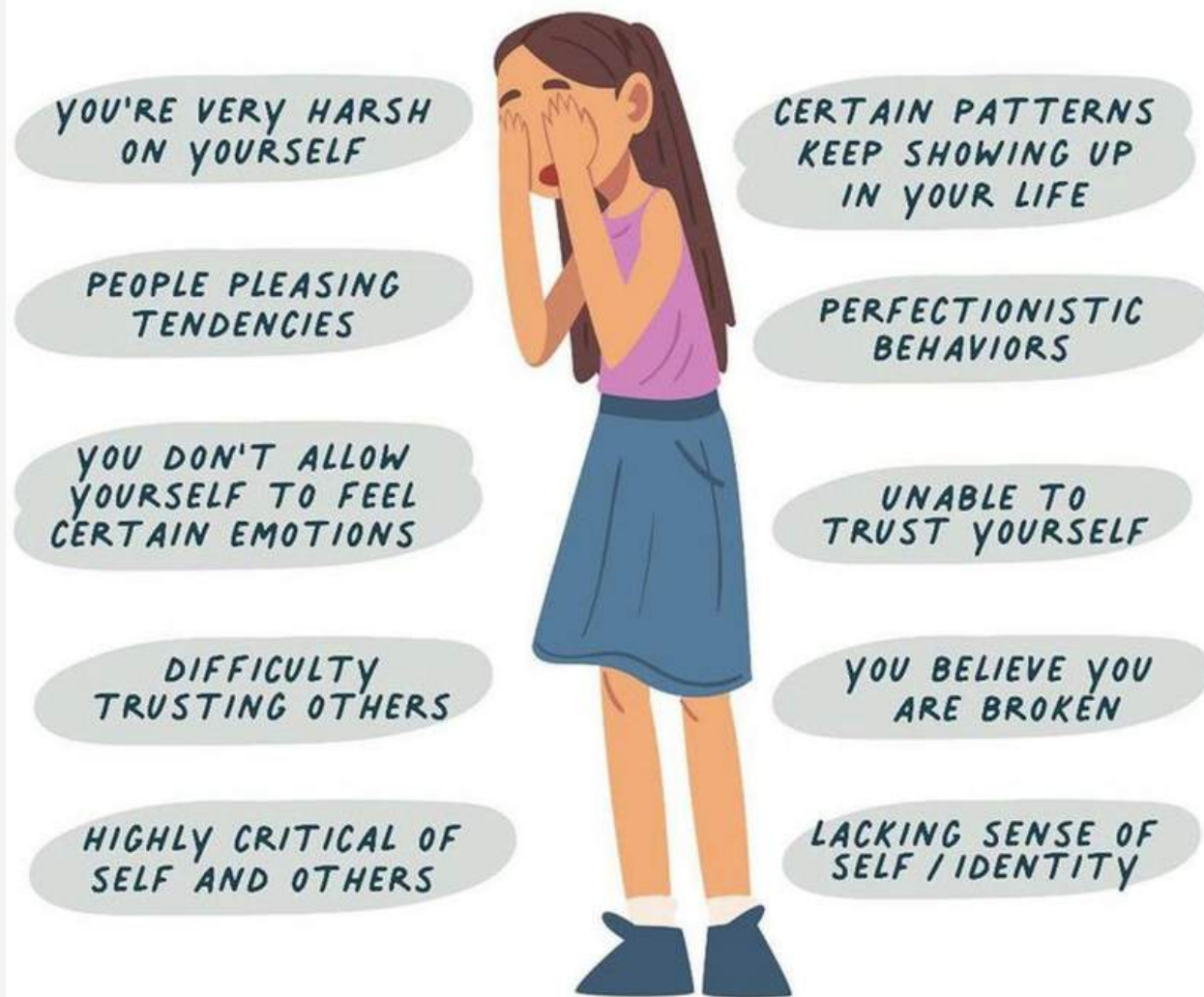
Trauma triggers are different. They often include a loss of a person's sense of time, space, &/or self. Emotion is amplified, or completely muffled, or sometimes seemingly unrelated to a situation. Triggers are like a TRAP DOOR in the brain.



In the process of recovering from childhood trauma, triggers and non-triggers play pivotal roles in one's healing journey. Triggers are stimuli that evoke distressing memories or reactions. These can be anything from scents to sounds. Conversely, non-triggers are experiences or stimuli that do not elicit distressing reactions or memories linked to the trauma. Differentiating between triggers and non-triggers is crucial in navigating trauma recovery, allowing you to avoid triggers while engaging with healing resources effectively.

Reference: <https://buff.ly/44ArL8p>

How inner child wounds show up in your current life



Inner child wounds refer to the emotional pain and unresolved psychological issues that stem from unmet needs, traumas or negative experiences during one's childhood. These wounds can significantly affect an individual's adult life, manifesting in patterns of behaviour, emotional responses and relationship dynamics. Healing these wounds involves recognising and addressing the underlying causes, often through therapeutic practices that allow one to reconnect with and nurture their inner child, thereby fostering emotional resilience and well-being.

YOU ARE HEALING IF YOU:

@tatendanhema

Are honest with
yourself.

Set
boundaries.

Accepting
yourself as
you are.

Try to
forgive
yourself.



Respect and love yourself.

Focus on self
growth.

Take
responsibility
of your
actions.

Respect
your needs.

Celebrate
your
achievements

Healing from childhood trauma does not happen overnight, and that's perfectly alright. The deeper the wound, the longer it takes to mend, but every step forward, no matter how small, is progress. Embrace each day as an opportunity to heal a little more, and remember that it's a journey, not a race. Your resilience and courage in facing your past are powerful, and with patience and self-compassion, you will find that healing is possible. Believe in your ability to overcome and know that every effort you make brings you closer to the peace and wholeness you deserve.

WHAT CAN TRIGGER YOUR TRAUMA?

SOUNDS

Hearing certain sounds or music associated with your trauma or feelings can take you back



PEOPLE

Seeing someone who is related to the trauma or who has a certain trait physically can trigger you



THOUGHTS

Certain thoughts or memories can make your brain bring you back to a trauma, often unwillingly



SMELLS

Our human smell is strongly tied to our memories. As a result, certain scents can trigger a trauma



PLACES

The place where the trauma took place can be a strong trigger, as well as similar places



MEDIA

A news report, a particular movie or a tv series can show a scene that is similar to your trauma



FEELINGS

Sometimes a feeling or emotion can trigger your trauma like a sad feeling or being in pain



SITUATIONS

If you find yourself in a situation that is similar to or reminds you of your trauma it can be a trigger



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Healing is an ongoing process, and while trauma triggers may never completely disappear, over time, they become more manageable. This means that although the memories and emotions associated with past trauma can still be provoked, the intensity and impact of these reactions diminish as one continues to heal. The journey of healing involves developing resilience and coping strategies that enable individuals to handle these triggers with greater ease and composure, thereby reducing their disruptive influence on daily life.

Reference: <https://buff.ly/3KnNt6e>

How to Process Trauma

Acknowledge the Trauma

Acknowledge that trauma happened & that it affected you.

Reflect & Explore

This is not about remembering in general what happened, NOT reliving the trauma. Reflect & explore what happened & how it affected you.

Grieve

Grieve for what you missed out on because of the trauma. Give yourself the time & space you need to grieve in your own way. Seek support if needed.

Feel

It's normal to feel uncomfortable emotions. Don't ignore, rationalize, or push them away. Work with them. Release what you need to until you feel relief.

Don't Beat Yourself Up

You'll be prone to negative self-talk. Remind yourself it wasn't your fault.

Challenge Negative Beliefs

Your beliefs & mindset may have resulted from the trauma. Examine evidence & consider different perspectives to develop a more realistic mindset.

Integrate

Accept that the trauma happened & learn to live with it. But realize that you are not what happened to you but how you choose to handle it.

Seek Support

Don't be scared to ask for help. You don't have to do this alone.

Practice Self-Care & Self-Compassion

Taking care of & being kind to yourself is crucial.

HOPEFULPANDA.COM

Processing childhood trauma involves recognising and understanding past adverse experiences and their lasting impacts on your emotional and psychological well-being. It requires acknowledging the trauma, reflecting on its effects and integrating these insights into your life to foster healing. This journey often entails working with a professional, engaging in self-care and challenging negative beliefs instilled by the trauma. The process is complex and non-linear, demanding patience and self-compassion. Ultimately, it aims to transform the pain into a source of strength, allowing for personal growth and a better quality of life.

Reference: <https://hopefulpanda.com/how-to-process-trauma/>

← Question and Answer

How can childhood trauma affect your emotional development in adulthood?

Childhood trauma can lead to long-term emotional difficulties in adulthood, including issues with emotional regulation, increased sensitivity to stress, and challenges in forming healthy relationships, often requiring therapeutic intervention for recovery.



Childhood trauma can significantly impact your emotional development, disrupting brain functions related to emotion regulation and stress response. This can lead to difficulties in managing emotions, increased anxiety or depression and challenges in forming healthy relationships. Seeking therapeutic interventions like cognitive-behavioural therapy is essential for processing these experiences and fostering healthier emotional responses, which can improve your overall mental health and resilience.

Common Effects Of Childhood Emotional Invalidation

- Thinking you are crazy.
- Feeling ashamed of your thoughts and feelings.
- Doubting your own internal reality.
- Staying in toxic situations because you think your feelings are wrong about these situations (it's not that bad, I'm overreacting etc)
- Invalidating yourself and dismissing your feelings.
- Hiding your real feelings.
- Needing constant validation and excessive reassurance because you don't trust yourself.

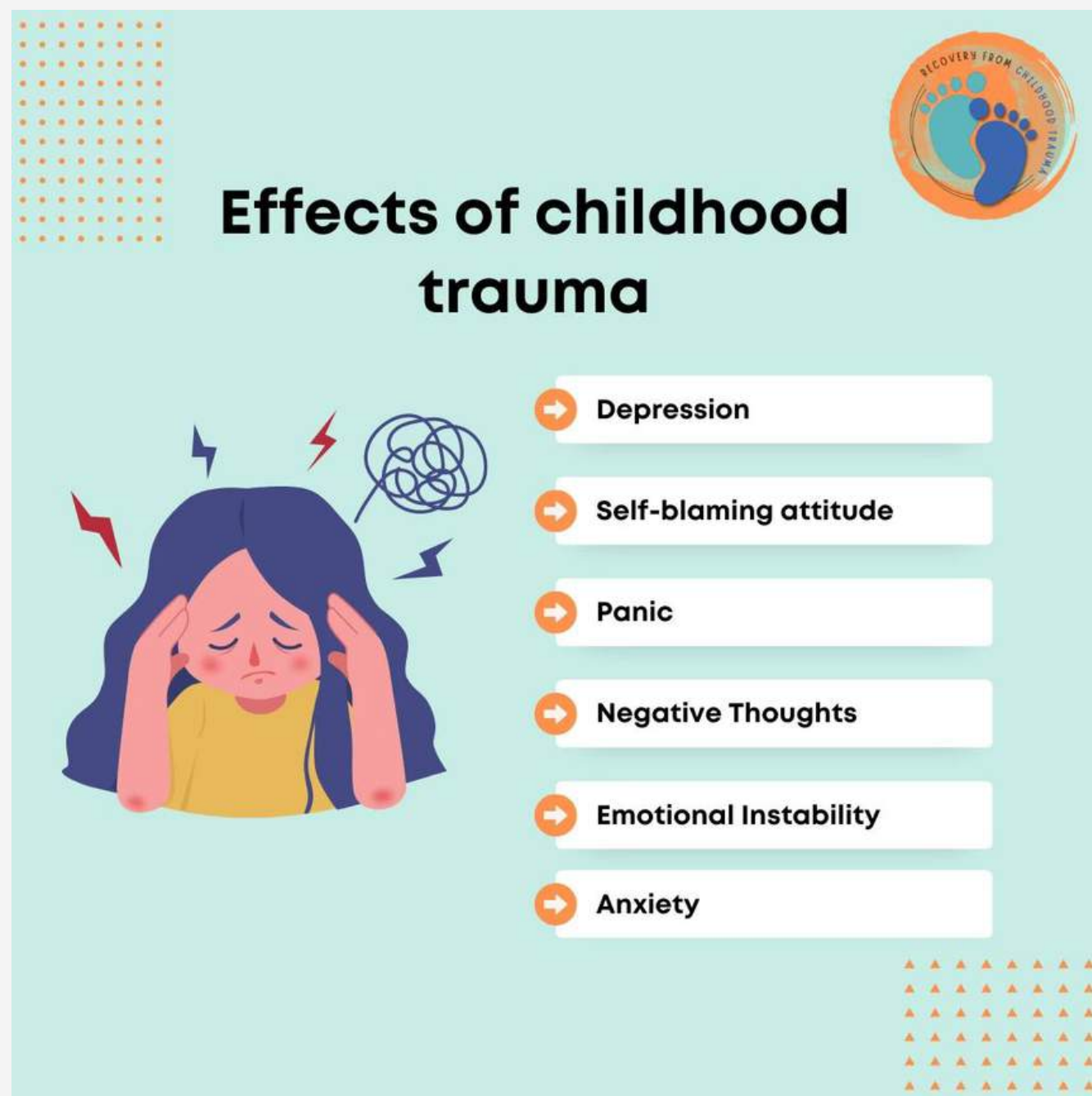
- Rachel Samson | TheMindsJournal

MINDJOURNAL



Childhood emotional invalidation occurs when a child's emotional expressions are dismissed, ignored or judged negatively by caregivers or significant adults. This experience can lead to long-lasting psychological effects, as the child learns to distrust their own emotions and may struggle with emotional regulation and self-esteem. This lack of emotional support can hinder healthy emotional development and lead to difficulties in forming trusting relationships in adulthood.

Reference: <https://buff.ly/3VVVQwv>



Childhood trauma can have profound and lasting effects on an individual's mental health, often leading to conditions such as depression, panic and anxiety. Those who have experienced trauma in their early years may develop a self-blaming attitude, persistently harbouring negative thoughts about themselves and their surroundings. This emotional instability can manifest in frequent mood swings and difficulties in regulating emotions, further exacerbating feelings of anxiety and panic. Consequently, the enduring impact of childhood trauma underscores the importance of early intervention and support to mitigate these adverse psychological outcomes.

**"Not all wounds
are visible scars."**



Many childhood traumas are invisible, deeply affecting our inner selves. Emotional and psychological injuries can be just as significant as physical ones, yet they are often dismissed or ignored. It is essential to recognise and validate these hidden pains, offering understanding and support to those healing from them. Your experiences and feelings are legitimate and seeking help reflects courage and resilience. Remember, every step you take towards recovery is a testament to your strength.



Healing from past wounds is a journey of profound personal transformation. By embarking on this journey, you have the opportunity to transform pain into strength, developing resilience that enables you to face life's challenges with greater fortitude. For those recovering from childhood trauma, this process is especially vital, as it allows you to reclaim your power and rebuild your sense of self. Embrace the path of self-healing with courage and compassion, knowing that each step forward brings you closer to becoming a stronger, more resilient individual.

Strength in seeking help
together

Recovery [rɪˈkʌvəri]
return to an original state.

Together We Can Overcome Anything

Reaching out for support can be the strongest
and bravest step you take.

@Recovery from Childhood Trauma

Recovery is not a path you need to walk alone. Professional support from therapists trained in trauma recovery can provide invaluable tools and strategies. Don't hesitate to reach out for help – it's a sign of strength, not weakness. You deserve support and understanding as you work through your trauma.



HOW DOES CHILDHOOD TRAUMA IMPACT OUR MENTAL HEALTH?

Childhood trauma impacts mental health, leading to emotional dysregulation, negative self-beliefs, and increased risk of disorders like PTSD and depression.



The impacts of childhood trauma can be profound, leading to difficulties in managing emotions, forming healthy relationships and maintaining self-esteem. Those affected may experience heightened vulnerability to mood disorders such as depression and anxiety, along with behavioural challenges and cognitive distortions. Understanding these effects is crucial for developing effective therapeutic approaches and fostering healing and recovery.

THE WELLNESS WHEEL



To effectively support and nurture your healing from childhood trauma, embracing a holistic approach that addresses various aspects of well-being is essential. Practising mindfulness enhances self-awareness and emotional regulation while fostering supportive relationships provides crucial social support. Engaging in enjoyable activities and hobbies enriches your daily life and maintaining a balanced work-life routine helps manage stress. Seeking professional help when necessary ensures you receive expert guidance and prioritising healthy eating and spending time in nature significantly contributes to your physical and emotional health. This comprehensive strategy promotes resilience, personal growth and a more fulfilling life on your journey to recovery.

Understanding trauma helps us recover and heal, empowering us to find peace and resilience in life.



Understanding trauma is a vital step towards recovery and healing, as it allows us to recognise how past experiences shape our present feelings and behaviours. By acknowledging this impact, we empower ourselves to break free from patterns that no longer serve us, opening the door to finding peace and resilience in life. Remember, the journey of healing is not linear; it is a process of growth where each step forward, no matter how small, brings us closer to a life filled with hope, strength, and self-compassion. You are not defined by what happened to you but by how you choose to heal and grow from it.

MYTH

Talking about trauma will only make the pain worse.



FACT

Discussing your trauma in a safe and supportive environment can be a crucial part of your healing process. It helps you make sense of your experiences, process your emotions, and gain insight into how the trauma affects your current life. Professional therapy and support groups offer a structured and compassionate setting where sharing can facilitate your healing and personal growth.



As you work through recovery from childhood trauma, remember that discussing your experiences in a safe, supportive environment can be a powerful part of your healing process. Far from making the pain worse, talking about your trauma helps you process your feelings, gain insight into its impact on your life and develop strategies for moving forward. Embracing this opportunity for dialogue can foster significant personal growth and resilience, guiding you towards a more hopeful and fulfilling future.



"The journey to recovery starts
when we acknowledge our past
and embrace the strength within
us."

@Recovery from Childhood Trauma

The journey to recovery begins the moment we acknowledge our past and recognise the impact it has had on us, but it's also the moment we tap into the strength that has always been within us. Childhood trauma can feel overwhelming, but by embracing this inner strength, we take control of our healing and empower ourselves to move forward. Each step forward is a testament to your resilience and though the path may be challenging, remember that you are not defined by what happened to you, but by the courage it takes to rise above it. You are worthy of healing and peace.

Your trauma is still valid even if

- 1** Others have experienced different or more extreme situations.
- 2** It occurred many years ago and you're still processing it.
- 3** People suggest you should "just get over it" or downplay your emotions.
- 4** You find it difficult to articulate or fully comprehend it yourself.



Childhood trauma is valid, regardless of how much time has passed, the severity of the experiences or the way others perceive it. Often, people minimise the impact of early traumas, suggesting that time or the "resilience of youth" should ease the pain, but the effects of childhood wounds can deeply shape an individual's emotional and mental well-being well into adulthood. It's important to recognise that trauma doesn't have to fit a specific narrative to be considered real or significant. Each person's experience is unique, and their feelings and healing process are deserving of compassion and support.

SMALL STEPS FOR
BIG IMPACT
IN HEALING FROM CHILDHOOD
TRAUMA



- 01 Practising gratitude for just five minutes each day is an accumulated 30 hours of positive reflection over a year
- 02 Engaging in 10 minutes of mindfulness or meditation daily is nearly 60 hours of self-care each year
- 03 Journalling one thought or feeling each day is 365 entries a year
- 04 Reaching out to one supportive friend each week is 52 meaningful connections a year

mareecutlernaroba.com

Small steps can lead to significant healing from childhood trauma by involving daily practices that enhance resilience and emotional well-being. Simple actions like expressing gratitude, practising mindfulness, journalling and fostering supportive connections can gradually shift your mindset and empower you. These incremental changes lay the groundwork for deeper healing, enabling you to process your emotions more effectively over time. Ultimately, committing to these small efforts can lead to profound transformations, helping you reclaim your life and improve your relationships with yourself and others.



4 Ways to Practice Gratitude when recovering from childhood trauma

Gratitude Journaling

Write down 3-5 things you're grateful for each day to shift focus from pain to positive moments.

Mindful Gratitude


Pause throughout the day to notice and appreciate small comforts, like a warm drink or quiet moment.

Gratitude for Strength

Acknowledge your resilience and progress, focusing on your growth rather than just the pain.

Gratitude Sharing

Share your gratitude with trusted friends or support groups to build connections and reinforce positive thinking.



@Recovery from Childhood Trauma

Practising gratitude during recovery from childhood trauma is crucial because it helps shift focus from pain and past hurt to present moments of positivity and growth. Trauma often leaves individuals feeling overwhelmed by negative emotions, but by actively acknowledging and appreciating even the smallest positive aspects of life, gratitude can foster a sense of hope and resilience. It encourages a mindset of empowerment, helping you recognise your strength and progress and it can create emotional balance by countering the effects of stress and fear. This practice supports emotional healing, fosters deeper connections and nurtures a more positive outlook on life.

Tips on how to recognise and manage emotions effectively when recovering from childhood trauma.

1

Practice mindfulness

helps you stay present and aware of your emotions without judgment.

4

Seek social support

reaching out to friends, family, or trusted individuals for emotional assistance and guidance.

2

Identify triggers

involves recognising the situations or stimuli that provoke certain emotional responses.

5

Engage in regular physical activity

can help regulate emotions by reducing stress.

3

Develop healthy coping mechanisms

finding constructive ways to deal with challenging emotions.

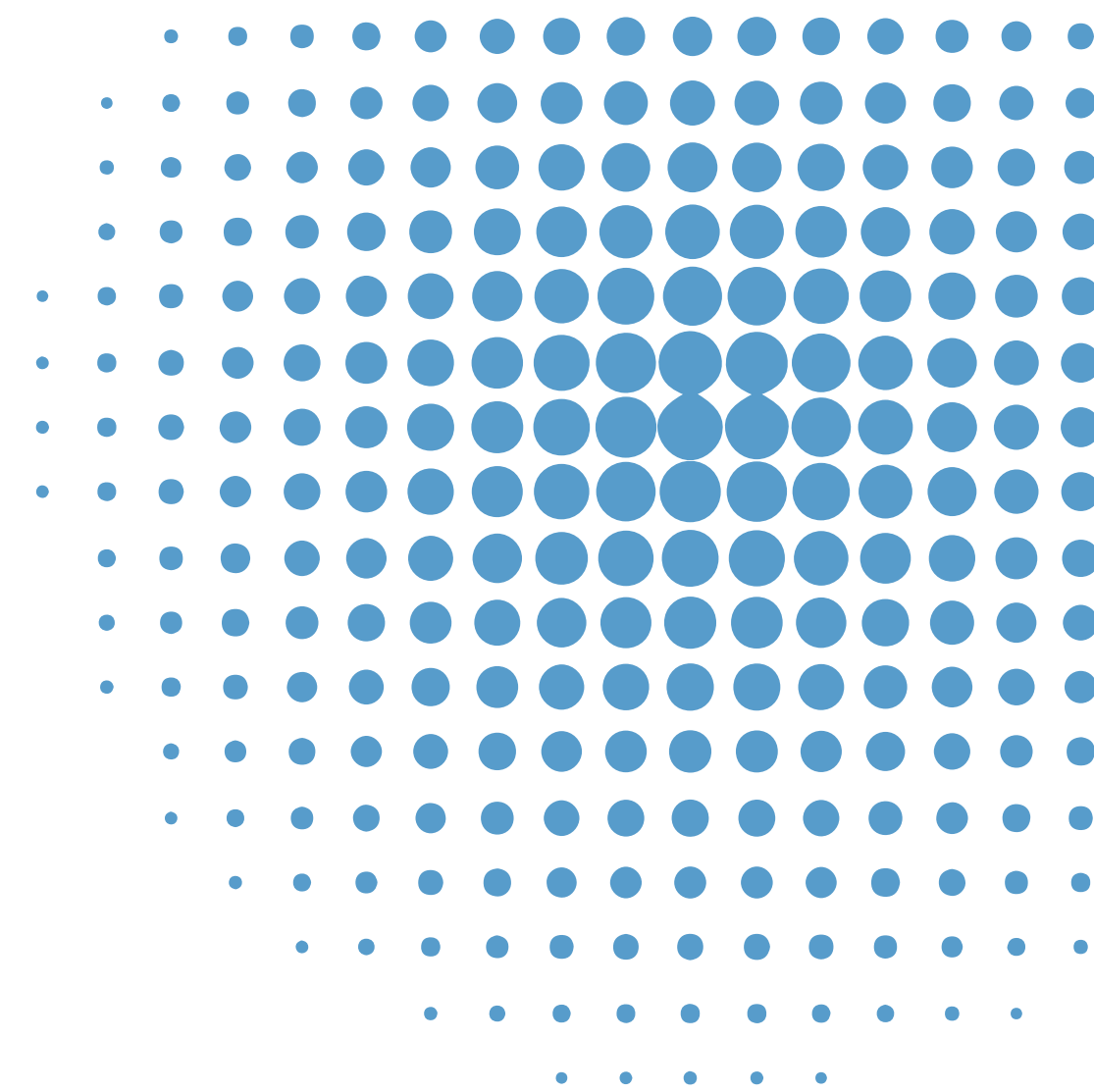
6

Consider professional help if needed

seeking therapy or counseling to learn effective strategies for managing complex emotions.

@Recovery from Childhood Trauma

Recognising and managing your emotions effectively is crucial when recovering from childhood trauma because unresolved emotions can significantly affect your mental and physical well-being. Childhood trauma often leaves deep emotional wounds and if you don't address them, they can lead to anxiety, depression or difficulty in forming healthy relationships. By acknowledging and processing these emotions, you can prevent them from controlling your behaviour and thoughts, allowing you to heal and grow. Emotional awareness also helps you build resilience, enabling you to navigate future challenges with greater balance and understanding, leading to a more empowered life.



Contact Us

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