

Understanding and Navigating Trauma

Trauma will touch most people in some form, at some point. Not everyone moves on from the experience. Those who don't may remain marked by the event until they make their peace.

Trauma comes in many forms: war, disease, a car accident, rape or a natural disaster (among others). Systematic avoidance and repression of the traumatic event – and the overwhelming emotions related to it – is a path of least resistance. But, although you may walk away from the event without physical marks, you can move forward only once you've taken steps to deal with the experience.

If the threat remains unresolved, you'll be stuck in an emotional loop that will impact on your life, and be challenging for those around you.

Here are some signs of unresolved trauma:

- Difficulty sleeping
- Hypervigilance and a constant state of stress
- Dissociation and emotional numbness
- Health issues, such as high blood pressure, headaches or digestive problems
- Preoccupation with control, to overcompensate for feelings of helplessness
- Flashbacks
- Depression, anxiety, post-traumatic stress disorder (PTSD) or substance-use disorder
- Inability to trust others

Finding healing

Humans are remarkably resilient and adaptable, sometimes even emerging from a traumatic event stronger than before. But it's difficult to deal with on your own. There are a variety of therapies available for treating trauma. If you have experienced a traumatic event and you are ready to deal with it, your EWP can provide you with trauma counselling.



Toll-free:

Request a call back: *134*905#

Get in touch online: <http://app.lyrawellbeing.health/>

Your company code:

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