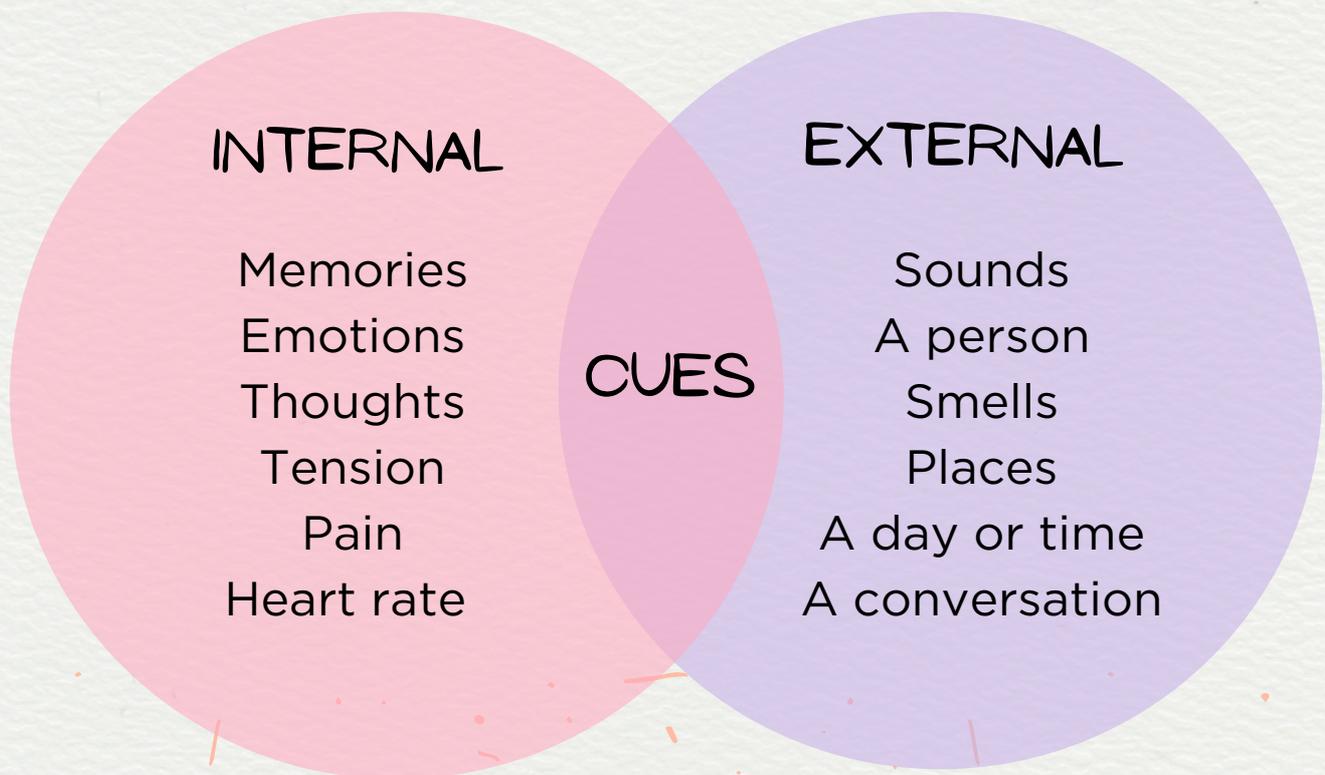


TRAUMA & THE NERVOUS SYSTEM

As we know, trauma gets stored in the body. Long after the event itself, there are signs and symptoms people will experience following a traumatic event. These signs are what people refer to as "triggers" or "cues". They can be internally, or externally experienced.



We can think of trauma as a "layered cake". At different times, internal and external cues will become active in the present moment. An event that happened many years before, may become part of an experience in the here and now depending on what it is happening in the body as a reaction to those cues.



**Hint, time does not impact cues and our reactions. With trauma, these cues can take a person right back to the event. We call this 're-experiencing'!*



TRAUMA IS A SOMATIC REACTION.

KIDS REGISTER TRAUMA NOT ALWAYS AS STORIES, BUT AS SENSATIONS:

- NIGHTMARES
- HEADACHES
- BIG REACTIONS
- ANXIOUS THOUGHTS
- SHORTNESS OF BREATH
- NUMBNESS
- TROUBLE SLEEPING
- ACHES AND PAINS



- STIFF BODY POSTURE
- HYPERSENSITIVITY TO PHYSICAL TOUCH
- THROAT FEELS LIKE IT'S CLOSING
- TUMMY ACHE
- SWEATY PALMS
- DISSOCIATION
- CHRONIC PAIN
- CLENCHES MUSCLES
- HYPERVIGILANCE

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