



WELCOME TO OUR

February Newsletter

Focus: Trauma



This month, we are exploring trauma and the impact that trauma has on your ability to cope. Let's look at what trauma is:

Trauma refers to any life-changing event that overwhelms a person and negatively affects their ability to cope. Some common examples of trauma include crime, witnessing someone die or be assaulted, drownings, car accidents, birth complications, physical injuries, sexual assault, domestic violence, the loss of a loved one, divorce, relocation, natural disasters, receiving a life-changing medical diagnosis, sudden unemployment etc.

Trauma deeply impacts a person and affects them on a physical, emotional, social and spiritual level.

In this newsletter you will find:



Defining trauma and traumatic events, exploring the difference between trauma counseling and debriefings and knowing when to seek help.

Trauma Symptoms

IS THIS NORMAL?

Trauma impacts people in different ways. Any person can experience trauma, however each person will have their own understanding of trauma and their own preferred way to deal with the impact thereof.

Common physical symptoms of trauma are body pains, digestive issues, being easily startled, changes in sleep, changes in eating etc.

The psychological and behavioral symptoms of trauma are: flashbacks, avoiding things that remind you of the trauma, nightmares, social isolation, lack of interest in activities that you used to enjoy, guilt, shame, anger, panic attacks, sadness, feeling numb or on edge, irritability, difficulty concentrating, confusion, fear, anxiety, hopelessness etc.

Some healthy ways to cope with trauma include: journaling, some exercise, reading a book, going for a walk, drawing, listening to music, prayer, talking about what happened and spending time with others.

Unhealthy ways to cope with trauma include: drinking, engaging in risky behavior, self-harm, aggression, smoking, too much video games or television, self-isolation, emotional eating, working too much to avoid thinking about the trauma etc.

HELP
NEEDED



Self-Care Tip

THE “5 THINGS” EXERCISE

This exercise helps with trauma triggers by providing your mind with a temporary distraction. This distraction helps you to contain your feelings and requires you to name: 5 things that you see, 4 things that you hear, 3 things that you feel, 2 things that you smell and 1 thing that you taste.



Trauma Support

WHEN DO I NEED HELP?

If you are engaging in any unhealthy coping skills or feel like your current coping skills are not enough, it is time to ask for help. It is always best to contact a professional counselor to help you deal with the trauma, however you can also ask for additional support from your friends, family, religious/spiritual leaders, support groups, your doctor etc.

Dealing with Trauma

COUNSELING VS DEBRIEFINGS

Trauma Counseling deals with the emotional impact of a traumatic event. It assists you in dealing with the "fall out" or to manage the impact that the trauma had on your way of life (lifestyle and actions), your relationships with others, your values and your belief system. This can include faith and spirituality, since it is normal for people to wonder why their faith did not exempt them from experiencing trauma. Trauma Counseling usually takes place a couple of weeks or months after the trauma or in some cases, a couple of years later.

Trauma Debriefing deals with the physical and emotional aftermath of a traumatic event. It assists the client in processing what happened, understanding how it impacted them and ensuring that they are equipped with the skills and resources they need to cope. Trauma Debriefings usually takes place 2-3 days after a traumatic event, once the psychological and physiological symptoms of shock starts to wear off.

So in short: Debriefings are like receiving immediate first aid on the scene of an accident, whereas Counseling is like going to rehab for the injury you sustained. Both are important, but the amount of time between the trauma and the support will generally dictate which option is best for the client.



It's never too late to ask for help.



**ASKING FOR
HELP
IS OK**



What Is New?

SERVICES SPECIFICALLY FOR COMPANIES

This service is for companies that want to boost employee wellness through the provision of psychology workshops/presentations, provide them with counseling or debriefings etc. These sessions follow the same format as individual or group sessions and are priced accordingly. For more information, please contact us on info@zehira-kedesh.com

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