

TRAUMA

Physical or emotional threat / harm
(Intense fear, helplessness, or loss of control)



IMPACTS THE NERVOUS SYSTEM

FIGHT, FLIGHT or FREEZE

Experiencing trauma may or may not be traumatizing



*Additional trauma
continues the cycle*



**NOT ABLE TO
STABILIZE / SELF-REGULATE**

Makes distorted meaning of the event

Significant and continued instability
of physical and mental health

Unstable behavior

Lack of resilience in person, family,
relationships disconnected from
community and spirituality

**ABLE TO
STABILIZE / SELF REGULATE**

Makes positive meaning of the event

Recovery of physical and
mental health

Stabilization of behavior

Resilience in person, family, and
relationships connected to community