



Adults and Trauma

Adults with trauma experience may feel they're alone. Individuals may feel isolated with their friends and family because they have trauma experience that they have never talked about. One can experience an entire lifetime with a buried trauma experience. No one knows when the right time to share is, but the individual them self. One can live a quality life without addressing trauma. It is by no means a requirement to healthy living, but life could be made better by talking to a person that is trustable with your secret or simply expressing yourself via writing or art and sharing this with a trusted source.

Trauma can result in:

- Flashbacks
- Numbing
- Feel of Not Being Oneself
- Feeling of Wanting to Escape
- Anger at Self
- Anger with Family and Friends
- Deep Sadness
- Frustration
- Confusion
- Self-Injury
- Increased use of alcohol or drugs
- Repetitive Thoughts
- Repetitive Behavior
- Feelings of Shame
- Feelings of Guilt

Having these experiences can:

- Be painful
- Interrupt your daily events
- Be a part of being a whole person
- Lead to discovering of new supports
- Change one's priorities
- Lead to greater self-reliance
- Increase one's sense of closeness to others
- Increase one's compassion
- Increase one's ability to hand difficulty
- Create new ways of looking at life
- Deepen one's sense of spirituality

How to Heal After Trauma

- Be patient with yourself
- Try out new activities that are soothing to your sensory system
- Try writing positive messages to yourself
- Reach out to others with similar experiences
- Talk to someone you trust
- Try a support group
- Seek counsel if you feel overwhelmed



Nebraska's Network of Care: www.dhhs.ne.gov/networkofcare

Nebraska Family Helpline: 888-866-8660

Suicide Prevention Lifeline: 800-273-TALK