

Responses to and symptoms of trauma

- Fight, Flight, or Freeze
- Symptoms of trauma include
 - Anger
 - Fear
 - Sadness
 - Shame
 - Difficulty regulating emotions
 - Becoming numb: detached from thoughts, behaviors and memories
 - Sleep disturbances
 - Gastrointestinal, cardiovascular, neurological, musculoskeletal, respiratory and dermatological disorders
 - Urological problems
 - Substance use disorders
 - Hyperarousal/hypervigilance

From "Trauma-Informed Care in Behavioral Health Services: Quick Guide for Clinicians," SAMHSA, 2015.

Negative results of trauma

- Poor health
- Increased risks for depression
- Increased risks for suicide
- Increased risk of poor lifestyle choices
- Drug and alcohol dependency
- Shorter life span