A traumatic situation is a situation that overwhelms one's ability to cope.

All humans are designed to “bounce back” from stress and trauma, or the species wouldn’t survive.

What happens after a traumatic event can be key to how a survivor responds and heals.

Everyone has responses to traumatic experiences—including you and me!

How people experience events varies widely, depending on many factors.

Trauma can impact how people seek help.

Trauma can impact people’s behaviors.

Trauma can impact people’s emotions.

Trauma can impact people’s thoughts.

Trauma can affect a person’s faith and spiritual beliefs.

Trauma can impact a survivor’s relationships.

Trauma can impact a person’s physical health in negative ways.

Trauma reactions are normal responses to abnormal situations.

Trauma reactions show how resilient and strong survivors can be.

Some traumatic experiences are long-term and ongoing (abuse, etc.)

Some traumatic experiences are one time events (accidents, deaths, etc.)

Surviving traumatic experiences—such as domestic violence—shows how strong people can be.

Trauma can impact the way in which your brain responds to many different situations.

Trauma can impact the way people perceive and respond to threats.

Trauma is in the “eyes of the beholder” - the same event can be experienced very differently.

Trauma can impact how people respond to those trying to help them.

People heal and recover from trauma, and go on to live full happy lives all the time.

Trauma reactions are ways in which our bodies and brains try to help us survive difficult situations.

With safety, support, and opportunities to process what happened, most people heal from trauma.

You can learn more about trauma, see Trauma-Informed Care: Best Practices and Protocols

For more information, contact the Ohio Domestic Violence Network at 614-781-9651 and at www.odvn.org. Published as part of the 25 for 25 years of ODVN Celebration!