

# 25 Things to Know About Trauma

- 1 A traumatic situation is a situation that overwhelms one's ability to cope.
- 2 All humans are designed to “bounce back” from stress and trauma, or the species wouldn't survive.
- 3 What happens after a traumatic event can be key to how a survivor responds and heals.
- 4 Everyone has responses to traumatic experiences—including you and me!
- 5 How people experience events varies widely, depending on many factors.
- 6 Trauma can impact how people seek help.
- 7 Trauma can impact people's behaviors.
- 8 Trauma can impact people's emotions.
- 9 Trauma can impact people's thoughts.
- 10 Trauma can affect a person's faith and spiritual beliefs.
- 11 Trauma can impact a survivor's relationships.
- 12 Trauma can impact a person's physical health in negative ways.
- 13 Trauma reactions are normal responses to abnormal situations.
- 14 Trauma reactions show how resilient and strong survivors can be.
- 15 Some traumatic experiences are long-term and ongoing (abuse, etc.)
- 16 Some traumatic experiences are one time events (accidents, deaths, etc.)
- 17 Surviving traumatic experiences—such as domestic violence—shows how strong people can be.
- 18 Trauma can impact the way in which your brain responds to many different situations.
- 19 Trauma can impact the way people perceive and respond to threats.
- 20 Trauma is in the “eyes of the beholder” - the same event can be experienced very differently.
- 21 Trauma can impact how people respond to those trying to help them.
- 22 People heal and recover from trauma, and go on to live full happy lives all the time.
- 23 Trauma reactions are ways in which our bodies and brains try to help us survive difficult situations.
- 24 With safety, support, and opportunities to process what happened, most people heal from trauma.
- 25 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](http://www.odvn.org). Published as part of the 25 for 25 years of ODVN Celebration!