

#DEFYHATENOW

Trauma Healing



MENTAL HEALTH SELF CARE KIT

Keeping the peace around you

Identify unhealthy coping mechanisms

- Social withdrawal | Over sleeping
- Over eating sweets or fatty foods
- Overuse of medication, drugs (alcohol, cigarettes, opioids)
- Taking out stress on others verbally or physically

Adopt healthy coping mechanisms

- Physical exercise | Going for walks | Doing chores
- Join a sports team in school or the community

Build and maintain relationships

- Join church service teams (choir, church cleaning team, usher)
- Arrange meetups with friends and community members
- Sign up for school clubs
- Consider volunteer work and 'giving back to the world' activities

Develop a “Stress relief” kit

- Take walks in nature | Meditate | Keep a journal or diary
- Put your thoughts into words or paintings (poetry, music, stories, art)
- Learn a habit of reading
- Make a cup of tea or coffee when it gets a bit too overwhelming
- Talk with a friend or professional if you are struggling to cope

“It is common for people to have experienced stressful and upsetting events. Even events that happened a long time ago can still affect how a person thinks and feels today, how we react to other people and situations many years later. Trauma is the person’s experience of a situation – how they think and feel about it afterwards, it’s the situation itself. No two people will have the exact same reaction to a given situation and no reaction is wrong or shameful.” – Lynn A. Kovich, State of New Jersey: Department of Human Sciences, Trauma Assessment (July, 2015)