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Mental health and Trauma healing



Manifestations of Trauma Related to Hate Speech

Exposure to hate speech, as a form of trauma, can manifest in various ways across different domains of a person's life.

BEHAVIOURAL MANIFESTATIONS (ACTIONS AND REACTIONS):	PHYSICAL MANIFESTATIONS:
Avoidance: Staying away from places, people, or situations that trigger memories of hate speech or feelings of insecurity, including online spaces.	Fatigue and Low Energy: Feeling constantly tired, even with adequate rest.
Social Withdrawal: Isolating oneself from friends, family, and community activities.	Muscle Tension and Pain: Experiencing aches, stiffness, or unexplained pain in the body.
Changes in Sleep and Eating Patterns: Difficulty sleeping (insomnia, nightmares) or changes in appetite (eating too much or too little).	Headaches and Stomach Issues: Frequent headaches, digestive problems, or other stress-related physical symptoms.
Increased Use of Substances: Turning to alcohol, tobacco, or other substances to cope with difficult emotions.	Increased Heart Rate and Sweating: Physical signs of anxiety or panic.
Outbursts of Anger or Aggression: Difficulty controlling anger, leading to verbal or physical aggression.	Changes in Immune Function: Becoming more susceptible to illness.
Self-Harm: Engaging in behaviours that intentionally cause harm to oneself as a way to cope with intense emotional pain.	
Risky or Impulsive Behaviours: Engaging in activities without considering the potential consequences.	