

Trauma Self-Help

Provided by Victims of Crime Service, Tasmania, Australia

Emotional trauma is a natural brain response to a traumatic incident or incidence

There are a number of simple but extremely effective steps that you can take to promote recovery and minimise the symptoms you might be experiencing:

1. Stick to a fairly regular daily routine with *some* flexibility

This includes resting (relaxation and sleeping)

Psychological trauma is related to a lack of real or perceived control. Building routine into your day promotes the feeling that you are in control of your world.

Difficulty sleeping is often the first thing to happen when you are traumatized, it is important to still self-soothe so that you can rest. Make sure the room you sleep in is dark: a sleep part of our brain activates in the dark but this does not happen in light (*that's why you might have nearly fallen asleep at the movies before!*)

2. Self-soothe

It is vital that you learn to self-soothe. Remember trauma is not a result of being weak or stupid. Trauma is a brain reaction that helped you survive when you were in danger. Even though you are now safe, your brain is still guarding you. Self-soothing reassures your brain that the trauma functions are no longer needed.

Self-soothing = reassuring yourself that you are safe now, it's ok. If you feel anxious tell yourself that it's just anxiety and you can cope with the feeling.

3. Drink at least 6 glasses of water per day (not coffee, not soft drinks!)

Humans are basically animals. Most people are dehydrated. Dehydration causes us to feel flat, unmotivated and without energy.

If your urine is very coloured or cloudy, you are dehydrated (drink up and you'll notice your urine becoming clearer!)

4. Breathe properly (your counselor will work with you on this)

Our bodies produce a natural tranquilizer (our own natural calming drug like taking a valium!).

When you breathe properly you actually can't have a panic attack!

5. Be mindfully grounded (your counselor will provide you some techniques)

Trauma happened back then, but *feels* like it's happening now.

Reset your brain from trauma functioning to non-trauma functioning by noticing what is around you right here in this moment.

6. Exercise

Exercise produces *or* balances all the feel goods!

Endorphins (natural pain killer), dopamine (natural mood & sleep regulator) & serotonin (natural mood elevator) & balances epinephrine/adrenaline (fuels flight, fight or freeze response).

When trauma symptoms are high, you won't feel like implementing these steps, so you will need to make yourself. Each time you manage a recovery step you are reclaiming your own wellbeing!

አብ ግዜ ስምባደ ነብስኻ ምሕጋዝ

ስምዒታዊ ስምባደ ንሓደ ዘሰንብድ አጋጣሚዎሃ ብባህርያዊ ናይ ሓንጎል ግብረ መልሲ እዩ።

ካብኡ ንምጥዓይን ንዘጋጥመኻ ናቱ ምልክታት ንምቕናስን ዘኸለሉ ክትወስዶም እትኸእል ቀለልቲ ግንክኣ ኣዝዮም ስሉጣት ዝኾኑ ስጉምታት ኣለዉ።

1. ተዓጻጻፍነት ዘለዎ ብመጠኑ ስሩዕ ዝኾነ ልመድ ዕለታዊ ተግባራት ሓዘ።

ዕረፍቲ ማለት ምዝንጋዕን ድቃስን ዘጠቓለለ እዩ። ስነ ልቦናዊ ስምባደ ምስ ሓደ ብርግጽ ዘይትቁጻጻሮ ወይከኣ ምስሓደ ዘይትቁጻጻሮ ዝመስለካ ነገር ዝተታሓሓዘ እዩ።

መብዛ ሕትኡ ግዜ ክትስንብድ ክለኻ ዘጋጥመኻ ቀዳማይ ነገር ናይ ምድቃስ ጸገም እዩ። ኣገዳሲ ስለዝኾነ ግና ነብስኻ ኣተሃዳዲእካ ክተዕርፍ ክትክእል ኣለካ። እትድቅሱሉ ክፍሊ ጸልማት መጃኡ ኣረጋግጽ። እቲ ምንታይ እቲ ንድቃስ ዝምልከት ክፍሊ ሓንጎልና ዝንቃሳቐስ ኣብ ጸልማት ድኣ ምበር ኣብ ብርሃን ኣይኮነን (ምናልባሽ ኣብ ፊልሚኦቲኻ ዝደቀስካሉ ግዜ እንተድኣ ነይሩ በዚ ምኽንያት እዚ ኢዩ ኔሩ)።

2. ነብስ ምትህድዳእ

ነብስ ምትህድዳእ ክትምሃር ኣገዳስነት ኣለዎ። ስንባደ ድኸም ወይ ደንቆሮ ብምጃንካ ዝመጽእ ነገር ዘይምጃኡ ዘክር። ስምባደ ኣብ ገለ ግዜ ኣጋጠመካ ካብ ዝነበረ ሓደጋ ንኸትወጽእ ዝሓገዘካ ናይ ሓንጎል ግብረ-መልሲ እዩ። ወላ ሕጂ ደሓን ኣብ ዘለኻሉ እዋን ወን ሓንጎልካ ይሕልወካ ኣሎ። ነብስ ምትህድዳእ ብሕጂ ናይ ስምባደ ተግባራት ከምዘየጋጥም ንሓንጎልካ ዳግመ ምርግጋጽ ይገብረሉ።

ነብስ ምትህድዳእ እምብኣር ኣብዛ ሕጂ እዋን ዚኣ ጉድኣት ዘይብልካ ጥዑይ መጃንካ ንነብስኻ መለስካ ምርግጋጽ ማለት 'ዩ። ምናልባሽ ሻቕሎት ዝስማዓካ እንተኾይኑ ድሓን እዚ ስቕ ኢሉ ካብ ገለ ሃረርታ ነገር ዝመጽእዮ ሞክጻወሮ ዝኸእል ስምዒት 'ዩ ኢልካ ምስ ነብስኻ ተዛረብ።

3. ኣብ መዓልቲ እንተወሓደ 6 ብርጭቆ ማይ (ቡን ወይ ሉስሉስ መስተ ዘይኮነስ) ስተ።

ደቂ ሰባት ብመሰረቱ እንስሳ እዮም። መብዛ ሕትኡም ሰባት ነብሶም ይነቅጽዮ። ንቕጽት ንደቂ ሰባት ከም ምስልቻው፡ ምዝሕታል፡ ሓይሊ ምስኣን ዝኣመሰለ ነገራት ንኸስምም ጠንቂ ይኸውን እዩ። ሸንትኻ ሕብራዊ ወይከኣ ድብን ዝበለ እንተኾይኑ ንቕጽት ኣለካ ማለት 'ዩ (ስተም ሸንትኻ እናጸረየ ክኸይድ ከተሰተብህል ኢኻ!)።

4. ብግቡእ ተንፍስ (ነዚ ብዝምልከት ኣማኸሪኻ ክሕግዘካ እዩ)።

ሰብነትና ሓደ ባህርያዊ መዐገሲ ይፈጥር እዩ (ናይ ገዛእ ርእሰና ዝኾነ ልክዕ ከም ቫልዩም ዝዓይነቱ መህድኢ መድሃኒት)። ብግቡእ ከተተንፍስ እንክለኻ ብርግጽ ናይ ራዕዲ መጥቃዕቲ ኣይህለወካን 'ዩ)

5. ሓላፍነታዊ መሰረት ይሃሉኻ((ነዚ ብዝምልከት ኣማኸሪኻ ክሕግዘካ እዩ)።

ስምባደ ዘጋጠመካ ኣብ ዝሓለፈ ግዜ እንክሎ ከምዚ ሕጂ ዘጋጠመካ ኮይኑ ይስማዓካ። ነቲ ኣብዛ ህምት 'ዚኣ ኣብ ከባቢኻ ዘሎ ነገራት ሞ ኣስተብህለሉ ሸው ንሓንጎልካ ካብቲ ስምባደ ዝነበረሉ ናብ ስምባደ ዘይብሉ እዋን ኣስተኻኸሎ።

6. ምወሰዋስ ኣካላት፡ - ምወሰዋስ ኣካላት ንኸሉ ጽቡቕ ስምዒታት ይፈጥሮ ወይከኣ ማዘኑ ይሕልወሉ ኢንዶርፊን (ተፈጥሮኣዊ ፈወሲ ቃንዛ) ዶፓሚን (ንተፈጥሮኣዊ ስምዒታትን ድቃስን ዘተገብሩ) ሰሮቶኒን (ንተፈጥሮኣዊ ስምዒታት ዘደንፍዕ ንማዘን ኤፒነፍሪን ዝማራርን) ኣድሪናሊን (ንግብረ መልሲ ዝወንጭ፡ ዝቃለሱ፡ ወይከኣ ዘደስከሉ)

ምልክታት ስምባደ ላዕሊ ክኾኑ እንክለዉ ነዞም ስጉምታት ክትትግብሮም ከይትደሊ ትኸእል ኢኻም ንነብስኻ ኣዳልዎ። ናይ ምሕዋይ ስጉምቲ ብዝወሰድካ ቁጽሪ ንድሕነትካ ናብ ዝነበሮ ትመልሶ ኣለኻ ማለት 'ዩ።