### aging well **Trauma**

# Why is working through trauma important?

Martha grew up in a small community and had many wonderful experiences. However, when she was younger, she was in a boating accident and almost drowned. She thinks about this incident often and it makes her feel anxious, but she doesn't feel comfortable talking about it with family. After talking to her provider who she has known for years and trusts, she was encouraged to meet with a behavioral health consultant who helped her learn to cope. Martha realized she was not alone and finally felt safe sharing what she had gone through. Learning to cope with trauma helps you to heal and move forward in life.

## What are some considerations for trauma?

- Memories that continue to come back when you don't want to think about it
- Feeling as if you are reliving the event
- Having nightmares of the event
- Feeling jumpy or anxious
- Feeling scared when something reminds you of the past event

A traumatic event can be any event that causes harm to your body, mind, or heart. It can either be something you experienced or saw happen to others.

### Questions to ask yourself:

- Is there something that you struggle with in your past that you often think or worry about?
- Do you try to avoid thinking about it?
- Are you having a difficult time dealing with a harmful event?
- Does the harmful event from your past continue to impact you?



#### For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code



#### What can you do?

- Stay connected with family or friends.
- Practice self-care.
- Know the trauma experienced was not your fault and not because of you or your self-worth.
- Maintain a healthy diet.
- Remember healing is a journey and there are always resources and support available.

#### Where can you find support?

Contact your primary care team directly or call	
<i>C'eyiits' Hwnax</i> Life House Community Health Center	

NB	
Vour Primary Care Team () Your primary care team can assist with finding the right medications	for addressing symptoms of
anxiety or nightmares.	
Behavioral Health Consultants Behavioral health consultants can develop a plan with you to proces your journey to healing, and finding coping skills.	s your thoughts and feelings, support
Behavioral Health (R 🙃 Behavioral Health can provide long-term therapy.	(907) 631-7800
✓ Family Wellness Warriors Family Wellness Warriors offers learning circles that can provide educe	
🗍 Traditional Healing 😱 🚍	(907) 729-5238

Traditional healing can provide support and care through Alaska Native approaches.

