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

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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 care team at St. Paul Community Health Center ..... (907) 546-8300

NB

☑ Your 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 process your thoughts and feelings, support your journey to healing, and finding coping skills.

☐ Behavioral Health (R)

Behavioral Health can provide long-term therapy.

☑ Family Wellness Warriors ..... (907) 729-5440

Family Wellness Warriors offers learning circles that can provide education and support to manage stress.

☐ Traditional Healing (R) ..... (907) 729-5238

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

Key

NB Non-Beneficiary	(R) Referral needed	Travel by car required
☑ Support available to Non-Beneficiary	Travel by plane required	Available over the phone or virtual visit