

TRAUMA'S IMPACT

HELP IS HERE

Experience
One *Sun* WELLNESS

Trauma is an emotional response to a distressing or life-altering event. It affects people in different ways, influencing thoughts, behaviours, and relationships. For some, there are long lasting negative effects, called post trauma responses.



MEMORY ISSUES
CONFUSION
NIGHTMARES
DIFFICULTY
CONCENTRATING
UNABLE TO STOP
THINKING ABOUT EVENT

THINKING

EXCESSIVE SMOKING
OR DRINKING
AVOIDING PEOPLE
OR PLACES
LOST INTEREST IN THINGS
THAT USED TO BE OF
INTEREST

BEHAVIOURAL



PHYSICAL
FEELING ON EDGE
TIREDNESS
SLEEP ISSUES
HEADACHES
INCREASED HEART RATE
INCREASED SWEATING
UPSET STOMACH

EMOTIONAL

FLASHBACKS
IRRITABILITY
ANGER
GUILT
ANXIETY
HOPELESSNESS

Your trauma response is a survival mechanism, not a flaw. If you need support (even if the event happened a long time ago), get in touch with a LifeAssist counsellor who can help you work through your trauma.

LifeAssist is available 24/7 in the event of an emergency.

COACHING, COUNSELLING,
HEALTH INFORMATION, OR ADVICE.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
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www.yourlifeassist.co.za/sunint



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