

RECOGNISE YOUR TRIGGERS. FIND WAYS TO COPE.

After **TRAUMA**, certain things can trigger difficult feelings. Learn what affects you and use coping strategies to reclaim control and heal.

COMMON TRIGGERS:

- Loud sounds or voices
- Certain places or dates
- Unexpected touch
- Strong feelings
- Upsetting media



YOU ARE STRONGER THAN YOU KNOW

Remember that you have survived this, your feelings matter and healing takes time.

You deserve to feel safe.

Reach out to LifeAssist for free trauma counselling. This is safe space waiting to support you anytime. **You are not alone!**

WAYS TO COPE:

- Take deep **breaths**
- **Count** 5 things you can see
- Find your **safe** space
- **Talk** to someone you trust
- Be **kind** to yourself
- Make a safety **plan**


your life!

COUNSELLING . LIFE COACHING . HEALTH ADVICE



Call **0860 111 322**
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