

The Trauma Crisis

“Trauma” is a commonly used word that people often use to convey their emotional experience of a highly stressful and shocking event. People who experience trauma may react with intense fear, horror, numbness, or helplessness. Reactions to trauma vary greatly, from a mild reaction with only minimal interruptions in one’s daily life to reactions that are more severe and debilitating.

The Breakdown of Who Is at Risk

The honest short answer? Everyone (Of course, if you or someone you know has personally been impacted by this virus by acquiring it and becoming symptomatic, the fear of becoming a statistic and losing your life or that of a loved one is very real).

Does This Mean Many People Will Develop PTSD?

Not necessarily everyone who experiences a trauma, or even the exact same situation, will perceive or respond to it the same. Likewise, not everyone will experience post-trauma symptoms or go on to develop PTSD. But for those who do experience post-trauma symptoms, know that it is *normal* to feel and display the symptoms of PTSD 1 to 3 months after the crisis has subsided.

Symptoms of High Anxiety during COVID-19 that could lead to PTSD

- Feeling tense and nervous
- On edge
- Drawing on the negative
- Not sleeping
- Overthinking
- Restlessness
- Being unable to concentrate

What Can Be Done? (Feeling boxed in with one or more of these increasing symptoms?)

Talk about what you are experiencing. Talk about your thoughts and emotions. What you are experiencing, thinking, and feeling seems to be a protective factor for not advancing to PTSD.

What you should *not* do:

Avoid. This means do not try to “forget about” or ignore your thoughts and emotions. Do not numb or self-medicate them away. Do not minimize what you are going through.

Our Mental Health Consultant, Jodi Allen Maslowski is Here! Free. Confidential (She can give individualized Mental Health Resources and coping strategies for Parents and Children or provide outside referrals). **Contact your Family Partner TODAY to set up flexible daytime and evening Drop In hours with Jodi from *Your home to Hers!***