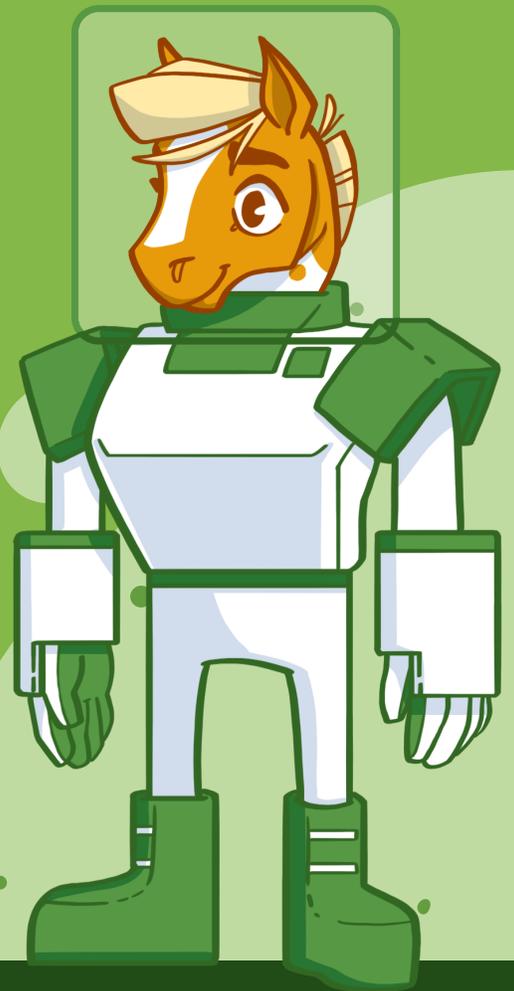


PTSD & TRAUMA

THIS KIT WILL WALK YOU THROUGH THE FOLLOWING:

- **defining PTSD and trauma**
- **knowing the signs in kids/teens and adults**
- **how to talk to kids about PTSD/trauma**
- **how to talk to friends or loved ones about PTSD/trauma**
- **how to be resilient**
- **how to manage PTSD and trauma now/long-term**



PTSD & TRAUMA



CHARACTER GUIDE

DANI THE HORSE

KNOWING THE SIGNS

IN KIDS/TEENS:

Kids and teens may show signs such as developments of a new fear, separation anxiety, nightmares, loss of interest or concentration, decline in schoolwork, and irritability.

IN ADULTS:

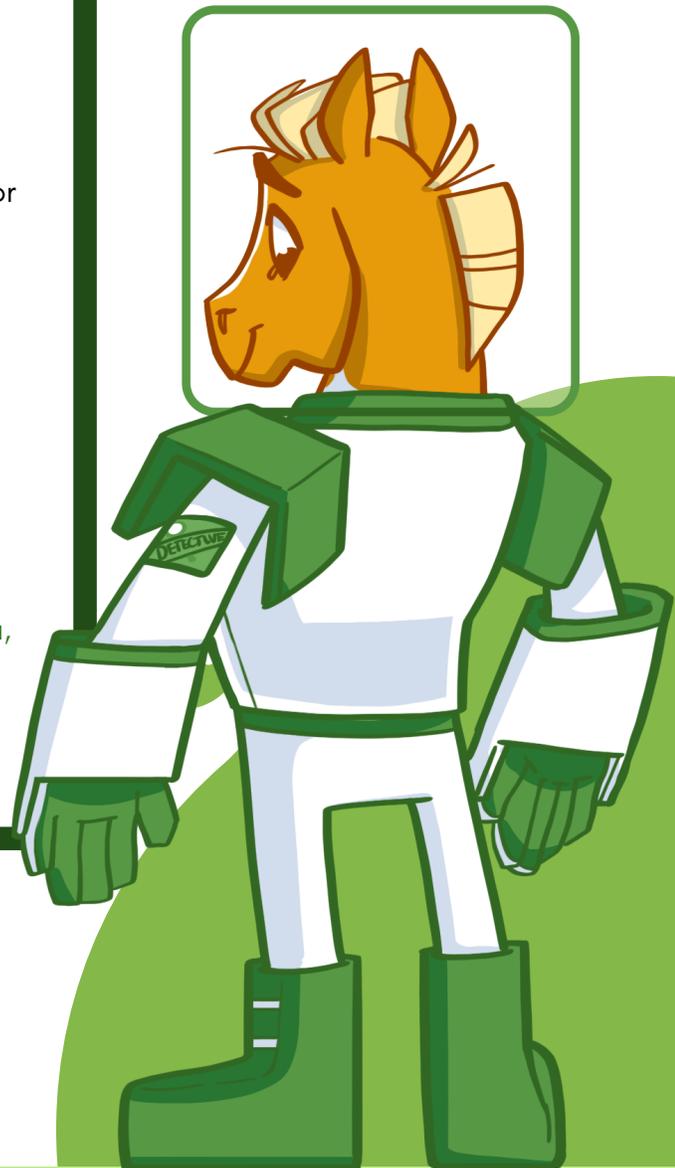
Signs in adults may include withdrawal or isolation, oversleeping, using drugs and alcohol, confusion, being startled easily, edginess, guilt, and talking about death or dying.

REMEMBER:

If you're ever embarrassed about how you react to trauma, your responses are **NORMAL** reactions to **ABNORMAL** events, and there is no right or wrong way to think, feel, or respond.

WHAT IS PTSD & TRAUMA?

PTSD is a condition in which a person has difficulty recovering after experiencing or witnessing a traumatic event.



PTSD & TRAUMA

A NOTE ABOUT SENSITIVITY

The information provided in these infographics are meant to help those who need guidance or more information. However, please note that these topics can be sensitive to some and should be approached gently.

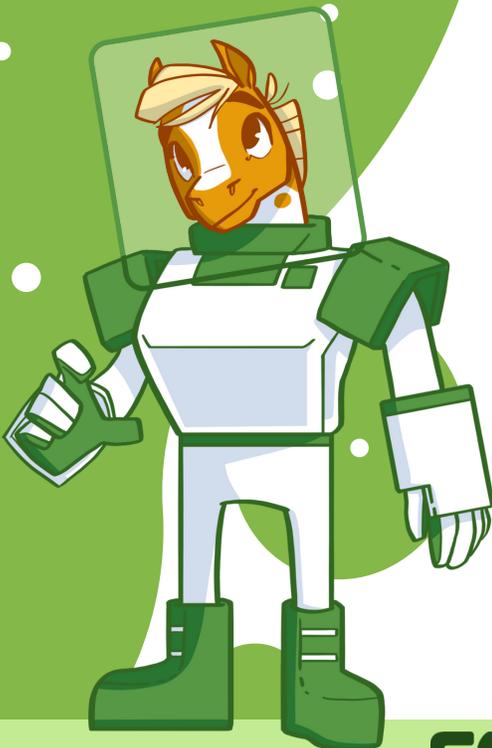
HOW TO TALK TO KIDS ABOUT IT

Just because children aren't talking about a tragedy doesn't mean they're not thinking about it. They may sense your discomfort and not want to upset you by bringing it up, or they may be too overwhelmed by their own feelings to express them. Try asking open-ended questions ("How are you feeling?" or "Can you describe to me what's going on? I'm here for you."). It's okay to not have all the answers. Remind your kids that you'll do your best or find the answers soon. And remember, it's difficult to know if an event caused trauma in someone else because we all experience things differently, so try not to make assumptions. If your child is reacting to trauma, do not take their potential irritability or emotional releases personally - trauma affects everyone differently and should not be judged.



HOW TO TALK TO A FRIEND OR LOVED ONE ABOUT IT

It is normal to feel powerless, anxious, sad, angry, and frightened after a traumatic event, so always approach someone gently and respect their space. Try asking open-ended questions ("How are you feeling?" or "Can you describe to me what's going on? I'm here for you.") It's okay to not have all the answers; just showing that you're there for them might be the comfort they need right now. And, remember, it's difficult to know if an event caused trauma in someone else because we all experience things differently, so try not to make assumptions. If your friend or loved one is reacting to trauma, do not take their potential irritability or other emotions personally. Trauma affects everyone differently and should not be judged.



EMPOWERNAUTS

PTSD & TRAUMA

HOW TO MANAGE PTSD & TRAUMA NOW

Stay open by talking to friends and family. Stay present by taking breaks from social media, the news, and whatever might be triggering you. Stay active and healthy. Spend time in person with family and friends. However, if family is what's triggering a trauma response, perhaps spend time in person with those you feel comfortable with instead.

A NOTE ABOUT RESILIENCE

Kids are usually more resilient than we think, but only when treated with respect and care. See our **Resilience Guide** for more information.



HOW TO MANAGE PTSD & TRAUMA LONG-TERM

If your trauma persists and makes you feel uncomfortable, seek a medical professional who can help you develop a plan and potentially start medication. Medication can be part of the treatment process and doctors can recommend it only when needed. Taking medication isn't always long-term, but be sure to discuss options with your doctor to find the choice that's best for you. Treatment through therapy will encourage you to recall and process the emotions you felt during the original event in order to reduce the powerful hold the memory has on your life. When looking for a therapist, seek out mental health professionals who specialize in the treatment of trauma and PTSD.

PTSD & TRAUMA

RESOURCES

SPECIAL THANKS TO OUR SUBJECT MATTER EXPERT

Heather L. Yardley, Ph.D., Clinical Associate Professor & Pediatric Psychologist at Nationwide Children's Hospital, and Board Member at Drawn from Valor

<https://drive.google.com/file/d/1fbTD2089crh7Z5YskjMqADzeEl3miFZs/view> (CA Surgeon 2020)

<https://bornthisway.foundation/research/kindness-is-action/> (BTW "Kindness is Action")

<https://bornthisway.foundation/research/hard-conversations-dont-happen-when-young-people-fear-being-judged/> (BTW "Mental Health Online Diaries")

<https://www.jedfoundation.org/someone-close-to-me-has-lost-someone-to-suicide/> (JED Loss)

<https://www.jedfoundation.org/i-am-concerned-someone-i-care-about-may-be-overwhelmed-with-anxiety/> (JED Anxiety)

<https://www.jedfoundation.org/a-friend-of-mine-seems-really-down-and-may-be-depressed/#card=7> (JED Depression)

<https://www.jedfoundation.org/sleep/> (JED sleep)

<https://youngminds.org.uk/starting-a-conversation-with-your-child/starting-the-conversation/> (Conversation starters from Young Minds)

<https://www.onoursleeves.org/mental-wellness-tools-guides/help-kids-manage-anxiety/anxiety-activities-to-help-kids> (OOS Anxiety)

<https://www.onoursleeves.org/mental-wellness-tools-guides/dealing-with-loss> (OOS Loss)

<https://www.apa.org/pi/families/resources/children-trauma-update> (APA trauma)

https://greatergood.berkeley.edu/article/item/nine_tips_for_talking_to_kids_about_trauma (Greater Good)

<https://www.headspace.com/articles/how-to-reduce-anxiety> (Headspace Anxiety)

<https://www.hcf.com.au/health-agenda/body-mind/mental-health/downsides-to-always-being-positive> (HCF)

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief> (Harvard Business Review)

https://www.ptsd.va.gov/family/how_help_grief.asp (VA)

<https://www.verywellfamily.com/signs-of-grief-in-children-and-how-to-help-them-cope-4174245> (Very Well Grief)

<https://www.verywellmind.com/physical-symptoms-of-grief-4065135> (Very Well Grief in adults)

<https://kidshelpline.com.au/teens/issues/coping-emotions> (Kids Help Line)

<https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm> (Help Guide)

LOOK TO OUR EMPOWERNAUT GUIDES TO HELP YOU THROUGH YOUR MENTAL HEALTH JOURNEY



GRIEF/LOSS



TRAUMA/PTSD



DEPRESSION



ANXIETY

EMPOWERNAUTS