

# HOW TRAUMA AFFECTS DAILY LIFE

## ISOLATION SPIRAL



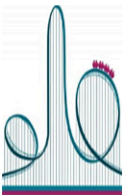
TRAUMA CAN CAUSE INDIVIDUALS TO WITHDRAW, AVOIDING SOCIAL ACTION TO PROTECT THEMSELVES, BUT IT LEAVES THEM FEELING LONELY AND DETACHED.

## TRUST ISSUES



RELATIONSHIPS SUFFER AS MISTRUST AND EMOTIONAL DISTANCE MAKE IT DIFFICULT TO CONNECT, IMPACTING WORKPLACE AND OTHER INTERACTIONS.

## EMOTIONAL ROLLERCOASTER



TRAUMA CAN CAUSE INTENSE MOOD SWINGS FROM SADNESS TO ANXIETY. INDIVIDUALS STRUGGLE TO REGAIN BALANCE IN THEIR DAILY LIFE.

## INTRUSIVE THOUGHTS



FLASHBACKS AND DISTRESSING MEMORIES DISRUPT DAILY ACTIVITIES, MAKING IT HARD TO STAY ENGAGED FULLY IN THE MOMENT.

## BODY'S SILENT CRY



PHYSICAL SYMPTOMS LIKE HEADACHES, MUSCLE TENSION OR FATIGUE EMERGE, AS TRAUMA TAKES A TOLL ON THE BODY'S OVERALL WELL-BEING.

## SLEEP STRUGGLES



INSOMNIA OR NIGHTMARES ROB SLEEP, LEAVING INDIVIDUALS FEELING DRAINED, MENTALLY FOGGY AND UNABLE TO RECHARGE, WORSENING EXHAUSTION.

## AVOIDANCE HABITS



TO AVOID PAINFUL TRIGGERS, INDIVIDUALS MAY SKIP CERTAIN PLACES OR PEOPLE, WHICH CAUSES EVEN MORE DISCONNECTIONS.

## CHRONIC STRESS



EVERYDAY STRESS FEELS UNBEARABLE, MINOR SETBACKS BECOME A BIG DEAL WHICH CAN LEAD TO SERIOUS HEALTH PROBLEMS.