

CAN YOU RECOGNIZE THE SIGNS OF TRAUMA?

SHAME
OVERWHELMED
AVOIDANCE
STRESS DEPRESSION
LOW SELF-ESTEEM
SLEEP PROBLEMS
OVERWHELMED
SELF-HARM
NIGHTMARES
OVERWHELMED
UNABLE TO CONCENTRATE
FLASHBACKS
MEMORY PROBLEMS
VULNERABILITY
DISTRACTED
CHRONIC PAIN
IRRITABILITY
EASILY ELEVATED
HOPELESSNESS
DEPRESSION
MOOD SWINGS
GRIEF
FEAR

AGONY
CHRONIC FATIGUE
SELF-BLAME
FEAR
APPETITE LOSS
PAIN
PANIC ATTACKS
HOPELESSNESS
DISCONNECTED
SUBSTANCE USE
SELF-HATE
ANXIETY
STIFFNESS
LOSS OF TIME
SELF-BLAME
AGITATION
ANGUISH
HYPERVIGILANCE
ACUTE DISTRESS
SELF-TALK
DISSOCIATION
NIGHTMARES
ISOLATION
GUILT

We believe that people are resilient and capable of healing from experiences of trauma and violence.



A TURNING POINT
FOR WOMEN



ywcatoronto.org/TIDE

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