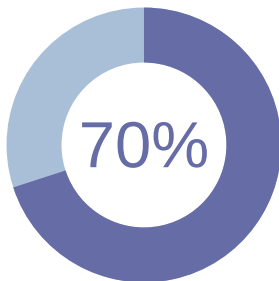


Rates of Trauma

Many people in the world have experienced trauma, which means that either yourself, a coworker, people you support, or a friend/family member has likely experienced a traumatic event. Here are some statistics on the rates of trauma:



- 70% of people around the world have been through at least 1 traumatic event.
- 82% of Americans have been through at least 1 traumatic event.
- 30% of people have been through at least 4 traumatic events.

Ways People Experience Trauma

Traumatic events can be experienced by people in different ways. Sometimes, a traumatic event may include more than one of the following types:

- **Direct:** People may go through an event themselves.
- **Indirect:** People experience trauma reactions from seeing someone else go through a traumatic event or listening to others speak about an event.
- **Work:** People may experience traumatic events through their work, like police officers and first responders.
- **Single event:** This type of trauma only happens once. An example of this is a car accident
- **Chronic event:** This type of trauma is a series of events that happens over a period of time. An example of this is the COVID pandemic.
- **Developmental:** This type of trauma happens in childhood. It is also usually chronic. An example of this is having cancer and being treated in the hospital for many months as a child.
- **Relational:** This type of trauma is caused by someone you have a relationship with. An example of this is being physically abused by a loved one.
- **Complex:** This is when someone has many different types of trauma events. An example of this is someone whose parents divorced when they were kids, saw a family member get into a bad car accident, and was physically abused by a caregiver.



Causes of Trauma

Trauma can be caused by many different things. Some of the most common experiences that cause trauma are neglect, abuse, sex trafficking, violence in the community or at school, serious accidents, natural disasters, separation from caregivers, and experiences with racism. Almost any event that either causes physical or mental harm or has the potential to cause harm can be considered a traumatic event.

Impacts of Trauma

Trauma can change the way signals in the brain get sent to the rest of the body. Some effects of trauma can be seen right away, and some effects last for years. Some people may show signs of traumatic stress and others may have few or no signs.

It's important to realize everyone's body may react differently, even if they are in the same situation. The brain signals and the way a person is supported by others can change how the body reacts to a traumatic experience. For some people, it may feel like "no big deal." For other people, it could change the entire rest of their life.

Some signs that a person may have gone through a traumatic event include:

- **Signs of depression:** They may have a sad or depressed mood, lose interest in favorite activities, feel hopeless, have trouble sleeping or sleep too much, may eat less or a lot more than usual.
- **Signs of anxiety:** They may have panic attacks, worry, or feel overwhelmed.
- **Changes in emotions:** They may be more angry or irritable.
- **Concentration:** They may have a hard time focusing or concentrating or be more forgetful.
- **Health problems:** They may feel tired, have headaches or stomach aches, or get colds more easily.

