

Around the world, about 7 out of every 10 people go through a traumatic experience during their life. Going through trauma in the past increases your chances of having more trauma in the future.

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 try to control trauma responses by overeating, drinking, or using drugs. Medical professionals often treat the symptoms of trauma without realizing what caused the symptoms.



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, separation from caregivers, and experiences with racism.

Trauma and stress related disorders can happen in many different ways. People may go through an event themselves. For others, they may have trauma reactions from listening to others and learning about the event from someone else.

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

