

Studies have shown that 2020 has been a traumatic year and sometimes the way to trace trauma in your own life is to look at the effects of it.

Check which items you have experienced this year.

Emotional Symptoms of Trauma

- Shock
- Denial or disbelief
- Anger and rage
- Feelings of sadness or hopelessness
- Guilt or self-blame
- Shame (feelings of worthlessness)
- Confusion or frustration in life
- Confusion or frustration towards those around you
- Irritability in life
- Feelings of fear
- Withdrawing and isolating from people in your life
- Feeling numb
- Feeling distracted or unable to concentrate
- Thoughts of suicide
- Weeping

Physical Symptoms of Trauma

- Agitation or anxiety
- Shaking
- Sweating
- Panic Attacks
- Constipation
- Diarrhea
- Overeating
- Undereating
- Unable to leave your home
- Inability to work
- Sleepless nights
- Nightmares
- Being startled easily
- Racing heartbeat
- Aches and pains
- Fatigue
- Difficulty concentrating
- Migraines/headaches
- Muscle tension

Spiritual Symptoms of Trauma

- Anger with God
- Loss of interest in prayer
- Separation from place of worship
- Isolation from spiritual support group
- Feelings of low self-worth
- Feelings of guilt
- Feelings of abandonment by God
- Feeling unworthy in relation to God
- Resentment towards God
- Doubt in God
- Fear of judgement by family and friends
- Fear of judgement by God
- Blaming God

RESPONDING

What you can do if you have seen symptoms of trauma in your life:

1. TALK to someone (eg. your Growth Group leader, a prayer counsellor, a friend)
2. ESTABLISH healthy rhythms (eg. exercise, rest, eat healthy meals)
3. PRACTICE predictable life patterns (eg. Find a daily routine, do something that you enjoy)
4. CONNECT with God. (eg. pray, read your bible)