

# Trauma

People who have been affected by crime may experience some of the following reactions:

- ◆ Emotional

Sadness, guilt, crying, depression, anxiety, fear, numbness, flash backs, suspicion, worry, mood swings, feeling abandoned, memory problems, dreams or nightmares, shame, anger, frustration, difficulty making decisions, poor motivation, difficulty concentrating.

- ◆ Physical

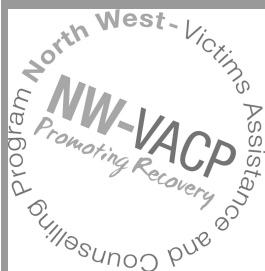
Easily startled, nervousness, headaches, tiredness, upset stomach, sleep disruption, tightness in muscles, dizziness, change in appetite, shaky hands, tearful, libido change.

- ◆ Behavioural

Avoid people, feel detached from others, loss of confidence, conflict with friends/family, isolation, increased use of drugs/alcohol, problems at work/school, difficulties going out alone.

Remember that you have experienced a stressful event and these reactions are normal and temporary. In some people they may be delayed. Learning to understand and feel more at ease with these feelings can help you adjust to what happened. Try to be kind to yourself and allow lots of time to recover. Avoid doing things that add more stress and try not to make any dramatic changes in your life.

Find someone you can talk to and if necessary get assistance from a professional counsellor. Try to keep up the normal routines of work, study, sport etc. Look after yourself physically by eating well, exercising, and relaxing. You are worth it.



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