TRAUMA AND MENTAL HEALTH

Self-Care to Support Successful Recovery
TRAUMA

- Trauma is a widespread, harmful, and costly public health problem.
- Causes: violence, abuse, neglect, loss, disaster, war, and other emotionally harmful emotional experiences.
- Can occur regardless of age, gender, socioeconomic status, race, ethnicity, geography, or sexual orientation.
WHAT IS TRAUMA? THE 3 “E”S

- **Event** - direct, witnessed, unexpected
- **Experience** - overwhelms coping; fight/flight/freeze
- **Effects** - self/other/world
# Potential Traumatic Events

<table>
<thead>
<tr>
<th>Abuse</th>
<th>Loss</th>
<th>Chronic Stress</th>
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<tbody>
<tr>
<td>Emotional/physical/sexual</td>
<td>Death/abandonment/separation</td>
<td>Poverty</td>
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<tr>
<td>Domestic Violence</td>
<td>Neglect</td>
<td>Racism</td>
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<tr>
<td>Witnessing Violence</td>
<td>Natural Disaster</td>
<td>Invasive medical procedure/illness/injury</td>
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<td>Bullying</td>
<td>Accidents/Injuries</td>
<td>Community/Historical Trauma</td>
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<tr>
<td>Cyber-bullying</td>
<td>Terrorism</td>
<td>Family member with Substance abuse/Mental Illness</td>
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<tr>
<td>Institutional</td>
<td>War/Combat Duty</td>
<td>Family member incarcerated</td>
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REATIONS TO TRAUMA

- Recurring, distressing memories or dreams
- Flashbacks
- Avoidance of reminders - feelings, people, places
- Difficulty with sleep or concentration
- Irritability / Agitation
- Easily startled
- Drug or alcohol abuse
SYMPTOMS OF DEPRESSION

- Persistent feelings of sadness, loneliness, emptiness
- Feeling worthless and hopelessness
- Trouble concentrating
- Fatigue
- Irritability

SUICIDAL THOUGHTS AND INTENTIONS
SYMPTOMS OF ANXIETY

- Panic, fear, uneasiness, “anxiety attacks”
- Sleep Problems
- Unable to stay calm and still
- Nausea
- Heart Palpitations
- Dizziness (possibly caused by shallow breathing)
PILOT’S LIFESTYLE CHALLENGES

- Hectic, pressure, serious and taxing
- Intense focus
- Sleep challenges (turn-around flights)
- Variable work schedules/time zones/constant movement
- Rootlessness-living out of hotels, away from support systems

Source: (Chicago Tribune, Feb 2014)
STRENGTHS / VULNERABILITIES

- Independent and self-sufficient
- Natural risk takers
- Tolerance for intensity
- Highly skilled professionals
- Inclination to have control
- Tendency toward being highly cognitive
ANGER IN EARLY RECOVERY

- Labels for anger: Angry, mad, irritable, frustrated, annoyed, agitated, cranky
- Becoming comfortable with being uncomfortable
- Unresolved traumas uncovered
- Recovery- consequences, monitoring, family, self
- Secondary Emotion- fear, anxiety, depression
- Lifestyle changes- at work and at home
Recognizing Events and Cues

Events- past and present, unresolved traumas, “red flags”

Cues-
- Physical- body’s response
- Emotional- other feelings…hurt, jealousy, anxiety, disrespect
- Behavioral- how you express…raised voice, clenched fists, tightened jaw, “angry eyes”
- Cognitive-thoughts about the event…hostile self-talk,

Source: SAMHSA ANGER MANAGEMENT WORKBOOK
COPING WITH ANGER- CONT....

Anger Control Plans
- Timeout
- Talk with trusted person
- Exercise
- 12 step meeting

- Relaxation Techniques

- Cognitive Restructuring

- Thought Stopping
CALMING THE NERVOUS SYSTEM

Pelvic Floor Relaxation

Square Breathing

Progressive Relaxation

Calming Imagery
HEALING TRAUMA- FINDING MEANING

- Acceptance of the Unacceptable
- Connecting with Self
- Uncovering strengths
- Healing relationships
- Connection to Self, Loved ones, Higher Power