

# Trauma: An Excellent Guide To Overcoming Trauma Permanently



## TRAUMA: An excellent guide to overcoming trauma permanently by Victor Abba

★★★★★ 5 out of 5

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Trauma is a serious issue that can have a profound impact on your life. It can lead to a variety of physical, emotional, and psychological problems. If you've experienced trauma, it's important to get help so you can start healing and moving on with your life.

## What is Trauma?

Trauma is an emotional response to a deeply distressing or disturbing event. It can be caused by a single event, such as a natural disaster, car accident, or sexual assault, or it can be the result of ongoing abuse or neglect.

When you experience trauma, your brain goes into "survival mode." This is a natural response that helps you to protect yourself from danger. However, if you stay in survival mode for too long, it can start to take a toll on your physical and mental health.

## **Symptoms of Trauma**

The symptoms of trauma can vary depending on the severity of the event and the individual's personal history. However, some common symptoms include:

- Physical symptoms, such as headaches, stomachaches, fatigue, and difficulty sleeping
- Emotional symptoms, such as anxiety, depression, guilt, and shame
- Cognitive symptoms, such as difficulty concentrating, making decisions, and remembering things
- Behavioral symptoms, such as avoidance, isolation, and self-destructive behaviors

## **How to Overcome Trauma**

If you've experienced trauma, it's important to get help so you can start healing and moving on with your life. There are a number of different treatments that can be effective for trauma, including:

- Therapy
- Medication
- Support groups

- Self-help

The best treatment for you will depend on your individual needs. It's important to work with a mental health professional to find the best treatment plan for you.

Trauma can be a life-changing experience, but it doesn't have to define your life. With the right help, you can learn to cope with your trauma and move on to live a happy and fulfilling life.

If you've experienced trauma, please don't hesitate to get help. There are many people who care about you and want to help you heal.



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