

# Can you recognize the signs of trauma?

**nightmares**  
dissociation anger  
flashbacks avoiding certain places,  
hypervigilance people, situations  
overwhelmed **MIND** difficulty  
feeling difficulty enjoying time memory problems  
out of with family and freinds nervous  
control mood swings suicidal thoughts  
feeling distracted anxiety  
loss of  
time

sleep  
problems  
**chronic  
pain**  
chest pain asthma  
autoimmune heart palpitations  
disorders jumpiness  
**BODY**  
breathing pelvic  
problems pain  
tension  
headaches  
**digestive  
problems**  
chronic  
fatigue

numb feeling  
depression disconnected  
alcohol and drug use hopelessness  
**shame** loss of interest in life  
guilt **HEART** lack of  
loss of sadness fear trust  
faith loss of meaning  
self-hate irritability  
isolation  
self-blame  
grief



**YWCA**  
TORONTO

A TURNING POINT  
FOR WOMEN



**United Way**  
Toronto & York Region

**TIDE**

Trauma  
Informed  
Development  
Education

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