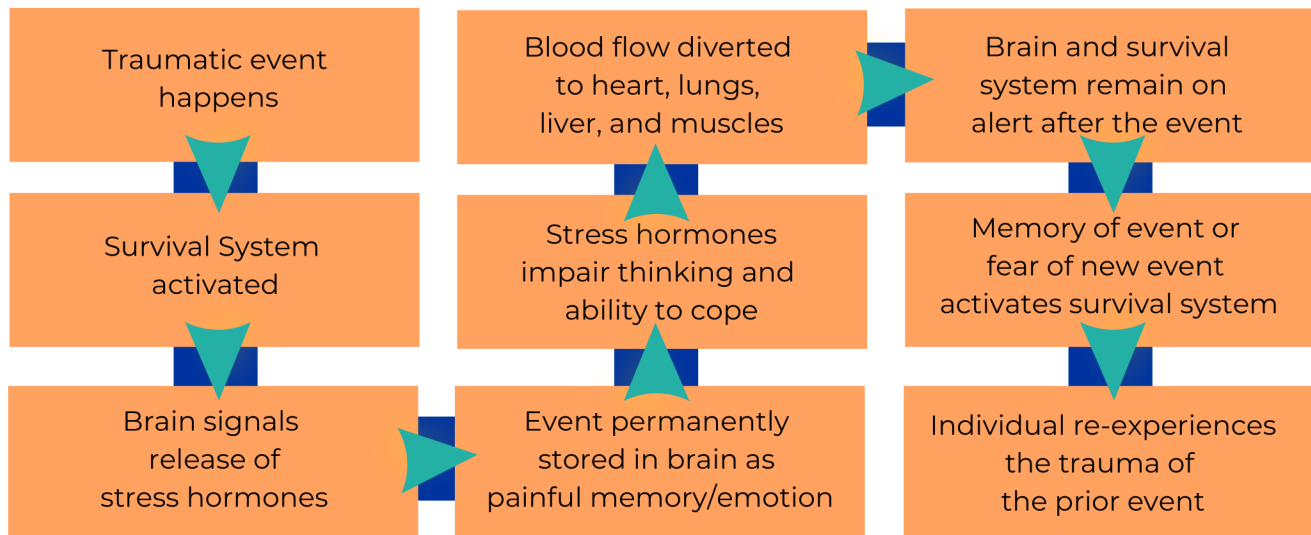


UNDERSTANDING TRAUMA

The devastation of a natural disaster can leave us in shock and feeling helpless and hopeless. These feelings can result from personal trauma because of the natural disaster we experienced. Our ability to recognize the signs of trauma and how it affects our body can help us begin to cope with the trauma and eventually grow stronger for ourselves, our family, friends, and our community.

Trauma is our body's response when we experience an event that is physically life-threatening or emotionally hurtful. A simple way to think about trauma is to consider the maximum amount of stress a person can handle in response to an uncontrollable event. In many cases, the event disrupts our ability to cope because of the significant loss of relationships and things necessary to meet our basic needs.

How Does Trauma Affect the Body?



For more resources or to talk with a crisis specialist:



Source: Paul Norrod, DrPH, RN, Extension Specialist for Rural Health and Farm Safety
Laura Weddle, Extension Specialist for Farm Stress and Rural Mental Health

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