

# 5 tips for the journey through trauma

## 1. Encourage yourself and others to be intentional about calming down.

Fatigue, anxiety, guilt, grief, anger, and more are all natural responses to trauma. Breathe, focus on calmness, and find a place of peace.

## 2. Don't be silent; share how you feel.

Talking is a healing process. Encourage friends not to withdraw. Reach out when you need help, and if you see someone withdrawing reach out to them. Don't give up. Walk this journey with someone else

## 3. Keep Moving Forward.

It's ok to not be ok, but don't get trapped there. Do something positive today. When you can, help someone else. Helping others gives us a new perspective and helps move us into a new normal.

## 4. Take care of your body.

Trauma and stress can take a toll on your physical health as well as your mental health.

**DO:** Drink lots of water, exercise, cry, find a good listener, and talk (*Expressing your feelings is good, natural, and necessary*).

**DON'T:** withdraw, use alcohol, drugs, or caffeine (*coffee and chocolate might need a break*); or turn to toxic relationships/habits for escape.

## 5. Remember no one has all the answers.

When you ask open-ended questions people feel comfortable talking. When you listen you become a person on the journey with them instead of someone who is just trying to rescue them.

**"Equip students  
to deal with loss in a  
healthy, Biblical way."**

