



## Healing from Trauma

IF you often feel tired, sad, angry, worried or you lose focus easily, it can be because you've been through trauma. Trauma can be caused by any stressful times in life when you felt unsafe and alone.

Trauma can stress your body and your mind, but you can heal. The most important thing is to do is to: **Let someone know you need help from a trained counselor.** Counselors listen and give you a safe place to let those feelings out and learn to move past them.

Check out this youtube video called "Never Give Up," made by teens for teens about overcoming trauma: <https://www.youtube.com/watch?v=y8XaYdQfV3A>

### What else can you do to heal?

There are all sorts of things that can help. Here are some to try:

- Listen to this relaxing youtube video to help you fall asleep: <https://www.youtube.com/watch?v=TRgVIsIcSeo>
- Try this free app on your phone that helps you cope with stress and worry: **Mindshift**
- Practice this relaxation exercise every day:: [https://youtu.be/kPPpb5\\_92uY](https://youtu.be/kPPpb5_92uY)
- Exercise to let out stress. Even if you don't feel like it because you're tired, you'll feel better afterwards! Try these fun workouts on youtube:
  - [https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI&feature=youtu.be](https://www.youtube.com/watch?v=L_A_HjHZxfI&feature=youtu.be)
  - <https://www.youtube.com/watch?v=kwkXyHjgoDM>
- Try **listening to songs** that help express your mood - **Spotify** is a free music app.
- Keep a notebook where you can be creative. **Write or draw** what you feel inside to let it out.
- **Pick someone to talk to.** It can be a relative, friend, teacher, doctor, counselor, pastor - anyone who helps you feel safe and comfortable.

**Never give up – your mind and body can heal!**