

Signs and Symptoms of Trauma

- ▶ Overreactive to stimuli (emotional and physical)
- ▶ Constant threat analysis
- ▶ Difficulty calming down when upset
- ▶ Depression, anxiety, anger
- ▶ Numb
- ▶ Chronic illness or physical symptoms
- ▶ Problems with thinking, reasoning, problem solving
- ▶ Poor impulse control
- ▶ Inability to concentrate
- ▶ Difficulty identifying emotions
- ▶ Low frustration tolerance
- ▶ Risk-taking behavior, poor judgement
- ▶ Substance abuse