

E BOOK ON
Life Traumas

Written by :

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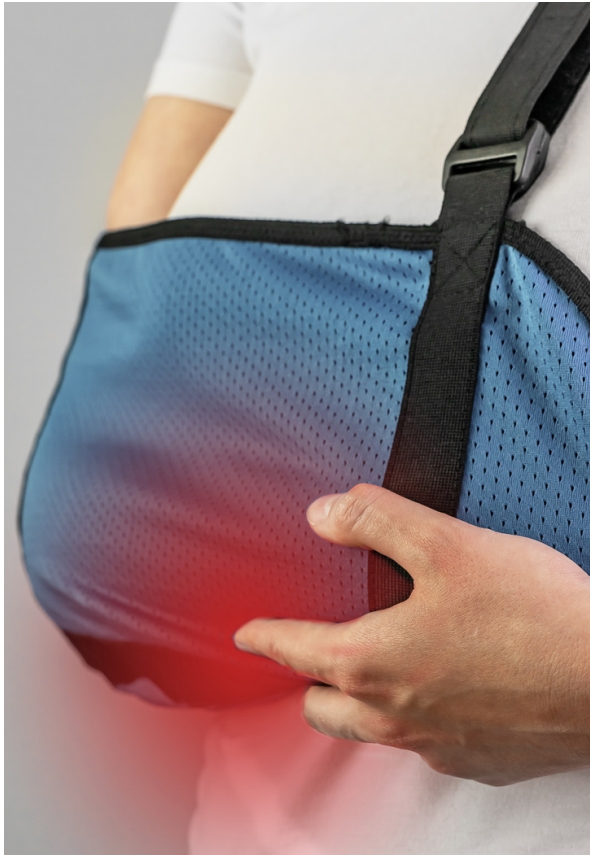
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Life is full of ups and downs, and sometimes we experience traumas that can have a profound impact on our well-being. Traumas can come in many forms, such as the loss of a loved one, a serious illness or injury, a natural disaster, or even a traumatic event like an accident or assault. These experiences can leave us feeling overwhelmed, anxious, and depressed.

One of the most important things to remember when dealing with life traumas is that it's okay to seek help. Many people try to cope with their traumas on their own, but it's important to remember that there is no shame in reaching out for support. Whether it's talking to a trusted friend or family member, seeking therapy or counseling, or joining a support group, there are many resources available to help us navigate through the healing process.

Another important aspect of dealing with life traumas is self-care. It's crucial to take care of ourselves physically, mentally, and emotionally during difficult times. This can include getting enough sleep, eating nutritious meals, engaging in regular exercise, and practicing relaxation techniques such as deep breathing or meditation. Taking time for ourselves and engaging in activities that bring us joy can also help in the healing process.

It's also important to remember that healing takes time. Traumas can have a long-lasting impact on our lives, and it's normal to have ups and downs as we work through the healing process. It's important to be patient with ourselves and to allow ourselves to grieve and process our emotions.

In conclusion, life traumas can be incredibly challenging, but with the right support and self-care, we can navigate through the healing process. Seeking help, practicing self-care, and being patient with ourselves are all important steps in moving forward and finding healing after experiencing a trauma.



Symptoms

Specific symptoms define life traumas. These can be some of the simplest, but they can have deepening effects, so you must identify them.

The scope of symptoms can enhance the effect left by life traumas. You have to try to focus them out so that the proper mental structure can be adjusted.

Panic in voice

This is the first symptom where people who have faced life traumas may have breaking or panic in their voices:

- Regular breaking of words in speech
- Fear of talking about certain things
- Trying to avoid a past incident
- Messing up certain things while trying to talk

Severe anxiety

This is one more symptom that can be easily witnessed in people who have had to face life traumas as they do get anxious:

- Taking wrong actions under pressure
- Lack of thinking for specific strategies
- Overreacting to concerns or positions
- Damaging their routines due to anxiety

The sudden rush of emotions

In the mental stages of a person with life trauma, they are also not able to control emotions and can be affected by them:



- Shouting at anyone for no reason
- Using words that are not appropriate due to emotion
- Trying to calm down but feeling uneasy
- Lack of response in certain moments

Uncontrollable body movements

This is also seen in people who have mental issues due to facing life traumas, where they develop the habit of uncontrolled body movements:

- Using both hands to shake hands
- Shaking head even when not talking
- Trying to open lips regularly
- Twiddling thumbs while sitting alone

These are a few symptoms that describe life traumas, so you need to find ways to negate them and try to identify them early for better recovery.

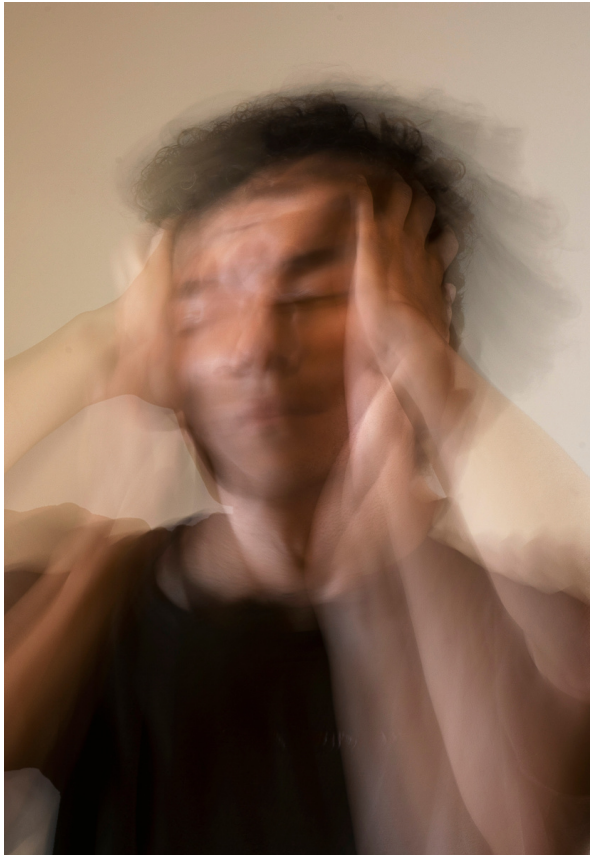
Causes

Causes of life traumas as a mental state can vary, depending on how you are treated or the level to which they can escalate.

You have to find ways to come out of these traumas, but in order to do that, you have to recognize that these factors are the leading causes.

● Physical abuse

This is one of the main causes. If you have been consistently hurt by certain individuals, from childhood until the present, it is difficult to break free from the cycle of violence. This can greatly impact your mental state.



● Environmental factors

The type of environment you live in also affects you. If you isolate yourself in a quiet corner after experiencing a traumatic event, the negativity in your surroundings can exacerbate the trauma and make it harder for you to recover.

● Verbal abuse

Verbal abuse worsens the impact of life traumas. When people remind you of how you were mistreated and why you couldn't defend yourself, it becomes a significant contributing factor to your trauma.

● Lack of positive experiences

Another cause is the absence of happy moments. People who have limited opportunities to spend time with supportive individuals often struggle in life. They constantly revisit the memories of their traumas and find it difficult to move on from the psychological effects.

Treatments

It is vital to treat psychological problems have come to affect due to life trauma or you may get stuck inside it for a lifetime.

Not only can you be depressed or absorbed, but you won't be able to take steps to continue your work and stay in a poor frame of mind, so you need to get treatment.

● Mental therapist

This is the first way you can treat the effect of life trauma, where you get specific healing measures to recover or have a traditional remedy by which you can come out of it.

● Psychotherapy

Taking consultations is more productive in life trauma as it helps you negate pressure, and you can consider a psychologist to do such talking therapy.



● **Yoga and fitness tips**

The pressure of the mind is all you have to release as complex core emotions can trap you with cases of life traumas, so you can do specific breathing exercises or can try yoga and fitness tips to come out of it.

● **Hypnotherapy**

This is one more way to get treated, you can request an expert to arrange for a hypnosis session where your mind can be controlled, and you can get further help so the fear of life trauma can be released by such therapy.