

#DEFYHATENOW

Trauma Healing



MENTAL HEALTH SELF CARE KIT

Keeping the peace around you

Identify unhealthy coping mechanisms

- Social withdrawal | Over sleeping
- Over eating sweets or fatty foods
- Overuse of medication | drugs (alcohol, cigarettes, opioids)
- Taking out stress on others verbally or physically

Adopt healthy coping mechanisms

- Physical exercise | Going for walks | Doing chores
- Join a sports team in school or the community

Build and maintain relationships

- Join church service teams (choir, church cleaning team, usher)
- Arrange meetups with friends and community members
- Sign up for school clubs
- Consider volunteer work and 'giving back to the world' activities

Develop a "Stress relief" kit

- Take walks in nature | Meditate | Keep a journal or diary
- Put your thoughts into words or paintings (poetry, music, stories, art)
- Learn a habit of reading
- Make a cup of tea or coffee when it gets a bit too overwhelming
- Talk with a friend or professional if you are struggling to cope

A community based understanding on Trauma and the healing process. Written by Sharlotte Ainebyoona Kigezo, Platform Africa.

"It is common for people to have experienced stressful and upsetting events. Even events that happened a long time ago can still affect how a person thinks and feels today, how we react to other people and situations many years later. Trauma is the person's experience of a situation – how they think and feel about it afterwards, it's the situation itself. No two people will have the exact same reaction to a given situation and no reaction is wrong or shameful." Lynn A. Kovich, Trauma Assessment