

# Understand to Upstand

## SUPPORTING SURVIVORS OF TRAUMA

**Understanding** the impact of trauma is the first step on the journey to helping others. **Upstanders** actively take steps to safely provide support to those who need it!

### HYPERVIGILANCE

An increased awareness of one's surroundings or a heightened alertness. Often, one may perceive a threat that is not actually present after experiencing a trauma.



### INTRUSIVE THOUGHTS OR NIGHTMARES

Having memories of the traumatic event(s), or other negative or troubling thoughts, that consistently come into one's mind and cause distress or upset

### LOSS OF INTEREST

A distance or loss of interest in activities, relationships, or places that one used to find joy in.



JOE TORRE  
**SAFE AT HOME.**

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**Trauma** is a distressing or disturbing experience that causes a person to feel fear for their physical or emotional safety. Sometimes, trauma is a one-time experience. Other times, trauma can be a long-term ongoing experience, or multiple experiences of different instances of trauma; this is known as complex trauma. Responses to trauma can be lasting, long after the incident occurs, and can interfere with daily life.

However, there is **hope**! Understanding the impact of trauma, knowing the signs, and seeking interventions (like counseling) can help to decrease symptoms. Showing support to those who may be experiencing trauma can help them to feel heard, validated, and increase their resiliency around trauma symptoms.

For more information on understanding symptoms of trauma and where to go for support, visit [joetorre.org/resources](https://joetorre.org/resources).

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