

Mental Health Awareness Series

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



What would be deemed as a trauma? Practically any sudden event that we perceive as distressing or life-threatening could potentially traumatise us. This could range from abuse ([physical, verbal, sexual, psychological) to disaster (natural or man-made) that we have either witnessed or have happened to us.

Trauma is not to be taken lightly. People are known to have been scarred as a result of it, sometimes for life, leaving behind a trail of broken hearts, broken dreams or broken lives. But as devastating as the effect may be, people are also known to have shown remarkable tenacity, resilience and courage in the wake of a traumatic experience, rising like a phoenix out of ashes. It is likely to be a long, arduous journey to recovery that is wrought with various challenges but untreated trauma has dire consequences and could strain relationships.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

Trauma is personal. It does not disappear if it is not validated. *Danielle Bernock*

Tips on managing trauma more effectively:

- ❖ One common symptom of trauma is flashback. You may experience involuntary recall of the traumatic event, and this could trigger negative emotions. But repressing these memories will not make the pain go away. As such, seeking early professional treatment will augur well for you.
- ❖ As trauma may lead a person to look at people and the environment with distrust, it will be helpful to establish some forms of safety in order to regain composure. You can do so by designating a physical space (or places) where you can go whenever you detect onset of symptoms, and/ or an imaginary place in the mental arena where you can 'escape' to.
- ❖ Practise 'grounding' techniques. These include mindfulness and relaxation exercises, using affirmative verbal or written statements (e.g. This is just a memory. I am alright.) or express your pain through writing, arts, music or sharing your experience when you are ready.

