

YOUR TRAUMA

FACT SHEET

After trauma processing, the body may release a hormone called cortisol. Elevated levels of cortisol can trigger inflammation and heightened immune responses.

Additionally, adrenaline (epinephrine) and norepinephrine are often released during stress or trauma processing. These hormones can cause hyperventilation or trigger bronchial spasms, which may cause wheezing, coughing, shortness of breath, chest tightness or discomfort, and increased respiratory rate.



After Session:

Naturally Boost Oxytocin

Grounding Techniques

Body Check-in

Emotional Awareness

Coping Strategies

Reflection & Self Compassion