



# Post Trauma Processing

## Post-Trauma Processing: What to Expect

Healing from trauma is a process that involves both the mind and body. It's normal to experience a range of emotions and physical sensations as your nervous system adapts to safety again.

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## Common Responses to Trauma Processing

- Physical Sensations – Muscle tension, shakiness, headaches, stomach discomfort
- Emotional Waves – Periods of sadness, anger, or numbness
- Flashbacks or Intrusive Thoughts – Old memories surfacing before the brain reorganizes them
- Fatigue or Sleep Changes – Feeling exhausted or restless
- Hypervigilance or Anxiety – Your body may still be on “high alert” as it adjusts

## Ways to Support Your Body & Mind

- ✓ Grounding Techniques – Deep breathing, holding an object, or using your senses
- ✓ Gentle Movement – Walking, stretching, or shaking out tension
- ✓ Hydration & Nutrition – Support your body's recovery
- ✓ Self-Compassion – Healing isn't linear; be patient with yourself
- ✓ Therapeutic Support – You don't have to process alone

Reminder: These responses are temporary and normal. With time, support, and self-care, your body and mind will find balance again.