

WHAT IS TRAUMA?

Trauma is not in the event itself, it's how our mind and body interpret the event.

Trauma is not only defined by a major/catastrophic disturbing event. **Trauma is anything that overloaded your capacity to cope at the time and continues to be emotionally challenging.**

The same event may be more traumatic for some people than for others, regardless all trauma is valid.

SWIPE LEFT FOR MORE!

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