

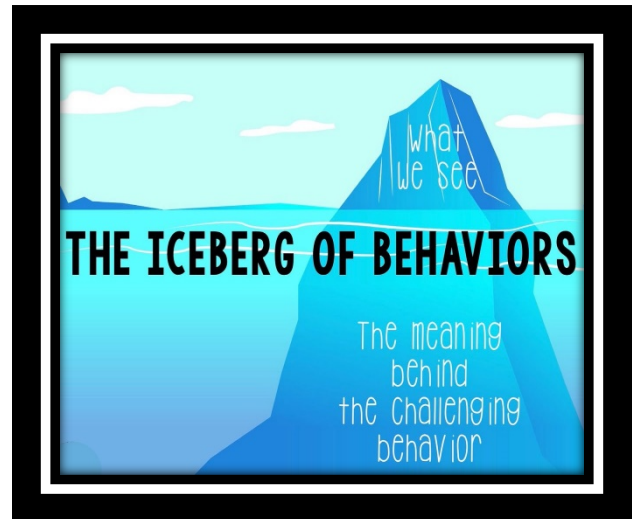
## Look At A Person With Trauma-Informed Lens

### *(What We See)*

*If you see a person behaving the following:*

- Anger outbursts
- Forgetfulness
- Inattentive
- Decline in their work/task
- Tardiness
- Crying excessively or frequently
- Unhealthy coping skills

*...know that it could be about trauma/stress*



### *(The Meaning Behind the Behaviors)*

*Why do people show the trauma behaviors?*

*They might have experienced...*

- Being rejected or neglected
- No support system
- Fear in a “Safe space” and/or comfort zone
- Loss of identity
- Grief
- Insomnia
- A trauma trigger stressors at home.
- Pushing emotional pain aside. Or swept the pain under the rug
- Denial
- Major health Issue(s) (i.e. cancer)

### *What to do?*

**Ask specific trauma-informed questions.**

- How are you? How are you feeling right now? Tell me about what is happening.
- What can I do for you? How can I support you?
- Or offer specific help (people do not always know what they need).

**Have 1:1 Heart to Heart conversation.**

- Listen. Show empathy and compassion. It is the person’s story, not yours.
- Offer and share community resources (therapy/counseling resources, etc.)
- Take care of yourself. Be honest with yourself.
- Are you ready to comfort someone else’s pain right now? What can you do to manage your own pain better?



**Do Not Just See The Person As The Tip Of The Iceberg.  
See The Person As A *Whole*.**