

Have a role in your own healing from stress and trauma

In sharing ways to cope with emotional, mental and physical changes triggered by chronic stress and trauma, it's important to point out that those changes may last longer for others.

Some people experience these changes and notice that, as time goes on, they decrease and eventually disappear. However, for some people, these changes continue and may even intensify, affecting their ability to function in their usual way.

Noticing these persistent changes and reaching out for the appropriate support can be crucial in helping you get back to normal.

However, we can also be an active participant when it comes to coping with physical reactions to stress such as tiredness, difficulty breathing, aches and pains, stomach concerns, rapid heart and sweating.

Here are a few things we can do for ourselves in coping with physical changes:

- Drink water.
- See your doctor and dentist.
- Exercise.
- Maintain regular sleep patterns.
- Practice relaxation response exercises.
- Engage in some physical luxuries (spas, massages, exercise trainers, baths).
- Eat well-balanced and regular meals.
- Take a walk.