



I miss school – my friends and teacher. I can't see my auntie because she is sick.



I love my work but I'm exhausted. I feel helpless trying to meet the needs of so many.



I am afraid and confused. Every news report is telling me something different. What should I do?



I worry about how my students are doing. Are they eating and who, if anyone, is hugging them?



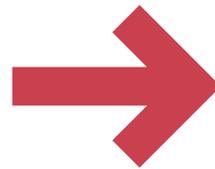
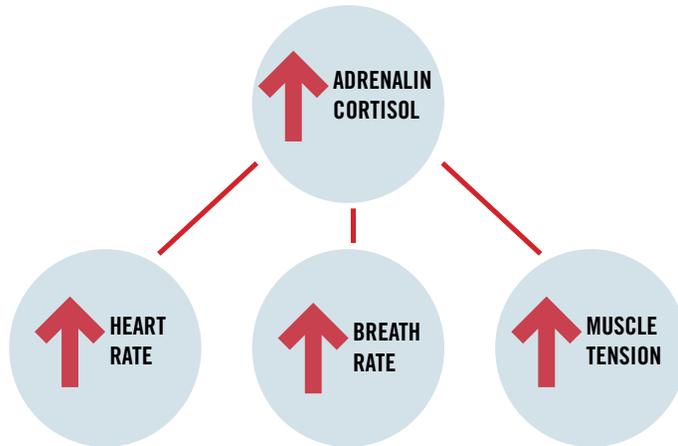
My sister died from the virus. I did not get to say goodbye and can't even give her a proper funeral.

The Traumatic Experience of COVID-19

Trauma is any experience that leaves a person feeling hopeless, helpless, or unable to do anything about their situation. Trauma can be experienced by victims, witnesses, or those related to either—and even by hearing the details of the events.

The perception and experience of the incident is what matters most, and the “trauma tsunami” approaching from COVID-19 will have devastating social and economic consequences.

THE STRESS RESPONSE TRIGGERED BY TRAUMA



SYMPTOMS/REACTIONS

EMOTIONAL

Anger, fear, hurt, worry

BEHAVIORAL

Aggression, hyperactivity, impulsiveness

COGNITIVE

Difficulty with focus, attention, problem solving and decision making

PHYSICAL

Stomach aches, headaches

Some stress is tolerable but it is only meant to last short-term. When trauma is prolonged and exaggerated the nervous system becomes dysregulated.

Trauma's Impact on Individuals, Families, Communities, and Society



While we know trauma is a fact, so is resilience. Despite the threat of an upcoming trauma tsunami facing our nation, there is hope.