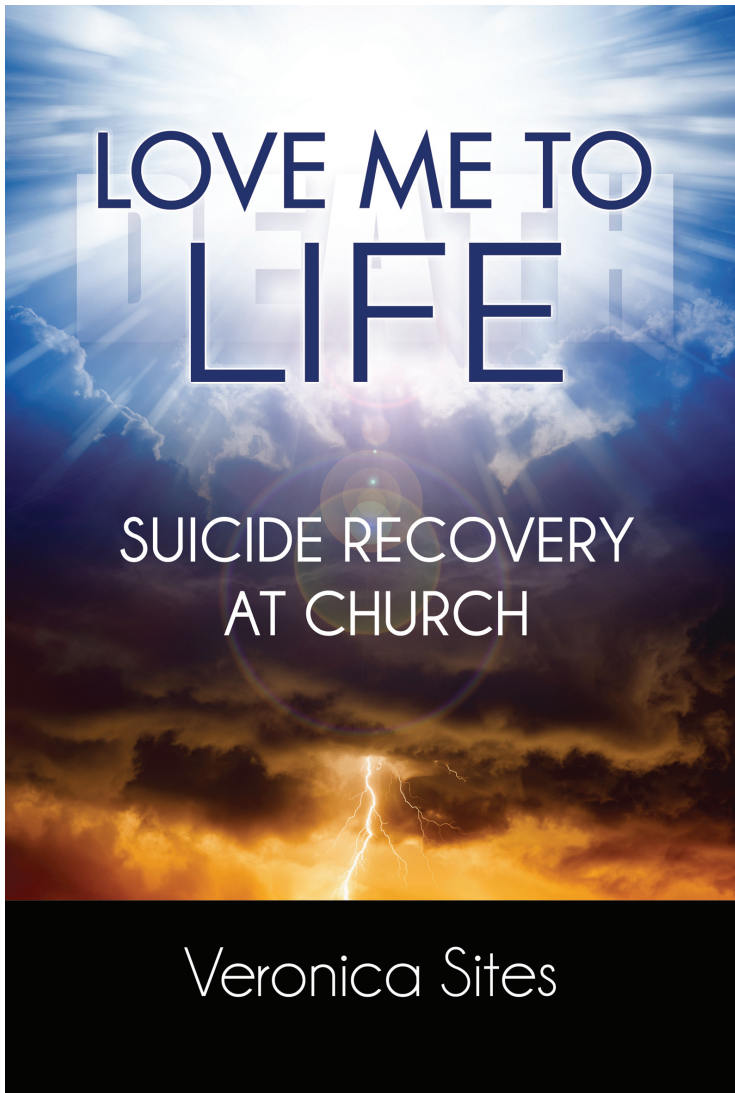


How Trauma Stress Can Manifest: Body Talk That Is Asking For Help

The following numbers are made available so that no one suffers in silence.
Your unseen pain is worthy of self care and recovery.

National Suicide Hotline 800-784-2433, TEXT 741 741 "help" ("Blue" for LEO's, "RED" for Figherfighters this will route you to peer support)

The material in this PDF is extracted from Love Me to Life, ISBN 978-1-63199-736-5. For more information see <https://energiondirect.com/product/love-me-to-life> or point your smartphone camera at the QR code below.



PHYSICAL	MENTAL	EMOTIONAL	BEHAVIOR	SPIRITUAL
Fatigue	Blame someone	Anxiety	Change activity	Irritated by religions platitudes
Muscle tension	Poor Attention	Guilt/ survivor guilt	Withdrawal	Question basic beliefs
Chest Pains* (see a Dr.)	Poor Decisions	Denial	Emotional outburst	Withdraw from place of worship
Difficulty Breathing* (see a Dr.)	Poor concentration	Emotional shock	Suspicious	Uncharacteristic religious involvement
Elevated BP* (see a Dr.)	Alertness lower / raised	Fear	Change in communication	Sudden turn from God
Thirst	Memory problems	Uncertainty	Restlessness	Familiar faith practice is empty
Headaches	Hyper Vigilance	Emotional control problems	Alcohol use increase	Belief that God is powerless
Vision Problems	or awareness of surroundings	Depression	Appetite loss or increase	Loss of meaning and purpose
Vomiting	Poor problem solving ability	Powerful outbursts of emotions	Acting out	Feeling distant
Grinding Teeth	Poor abstract thinking	Apprehension	Nonspecific body complaints	Anger at clergy
Weakness	Impaired thinking	Overwhelmed	Hyper alert to environment	Belief that God is not in control
Dizziness	Nightmares	Intense anger	Intensified startling response	God does not care
Profuse sweating	Flashbacks	Irritability	Intensified startling response	Belief that failed God you
Chills	Impaired focus	Agitation	Pacing	Anger at God
Shock Symptoms*	Thinking thoughts or emotions are “crazy”	Severe panic	increase /decreased sexual activity	Moral compromise

AGES 1- 5	AGES 1-5	AGES 1-5	AGES 1 - 5	AGES 1 - 5
PHYSICAL	MENTAL	EMOTIONAL	Regressive BEHAVIOR	SPIRITUAL
indigestion	Needs consistency	Anxious / Nervous	Thumb sucking	May want to attend Church
Bowel control	Reassurance that they are not alone	Irritable	Bed wetting	May talk more about prayer
Bladder control - urgent urination or wetting pants	Reinforcement of support system	Hyperactive	Animal fears	Withdraw from church mates
Difficulty Breathing* (see a Dr.)	Looking for reassurance in actions and words	Shock / nonverbal or withdrawing when spoken to	Suspicious / Increased fear of strangers	Questions about God
overeating/ frequency of eating	Watchful for evidence that caregivers is trustworthy	Fear of animals Short attention span	Afraid of the dark	Angry about Familiar faith concepts
Vomiting	Needs affirmation of stability feel safe.	Speech difficulty	Restlessness	May think that God is powerless
AGES 5 - 11	AGES 5 - 11	AGES 5 - 11	AGES 5 - 11	AGES 5 - 11
Sleep disruptions / disordered	Needs reassurance of support system	Powerful outbursts of emotions	Acting out contrary to age	May ask for prayer more frequently
Grinding Teeth day or night	Poor abstract thinking	School phobia /apprehensions	Crying whimpering	Anger at clergy
Weak / lethargic	Impaired thinking	Unknown irritability	Excessive Clinging	Increased question about beliefs/ God
Stomach aches	Nightmares/ Talking in sleep	Difficulty concentrating	Intensified startling response	May ask question of what a caregiver believes
Profuse sweating	Flashbacks can happen with sensory triggers	Rebellious / defiant	Demand of constant attention	Concerns that God has failed him.
Itchy / scratching	Impaired focus	Agitation	Return to old habits	Anger at God
vision changes / hearing complaints	Thinking thoughts or emotions are “crazy”	Severe panic		Moral compromise

AGES 11- 14	AGES 11- 14	AGES 11-14	AGES 11-14	AGES 11-14
PHYSICAL	MENTAL	EMOTIONAL	BEHAVIOR	SPIRITUAL
Fatigue /sleep changes	Blame someone	Insecure	Change activity	Inquires about spiritual things
Muscle tension	Poor Attention	Not wanting to go to school	Withdrawal	Question his basic beliefs
Skin changes / disorders	Poor Decisions	Aggression	Emotional outburst	Want to be around youth group
Bowel / digestive issues	Poor concentration	Withdrawn for friends	Suspicious / fearful /on alert	Uncharacteristic religious involvement
Change in eating habits. Over/ under eating	Alertness lower / raised	Fear	Change in communication/ confirms caregivers return	Sudden turn to or from God
Headaches	Memory problems	Uncertainty / Anxious	Restlessness	Inquires about Familial faith
Vomiting	Seeks confirming actions with expectations.	Emotional control challenges	May experiment with substance use as means of self medicating	Curious about God's power
Vision Problems	or awareness of surroundings	Depression	Self harm	Loss of meaning and purpose
Vague body aches	Poor problem solving ability	Disobedience / rebellious	Regressive behaviors	Feeling distant
Grinding Teeth	Nightmares	Apprehension	High demand of attention	Anger at clergy
Weakness	Impaired thinking	Overwhelmed	Won't do chores	Belief the God is not in control
Dizziness	Needs actions to align with communicated expectations.	Intense anger	Intensified startling response	God does not care
Profuse sweating	Increased worry	Irritability	Intensified startling response	Belief that failed God you
Chills	Impaired focus	Agitation	Random pacing	Anger at God
Shock Symptoms*	Concerned that his thoughts / emotions are "crazy"	Severe panic		Moral compromise

AGES 14 - 18	AGES 14 - 18	AGES 14 - 18	AGES 14 - 18	AGES 14 - 18
PHYSICAL	MENTAL	EMOTIONAL	BEHAVIOR	SPIRITUAL
Muscle tension	Blame someone	Anxiety	Change activity	Irritated by religions platitudes
Skin changes / disorders	Poor Attention	Guilt/ survivor guilt	Withdrawal	Question basic beliefs
Fatigue /sleep changes	Poor Decisions	Denial	Emotional outburst	Withdraw from place of worship
Painful menses	Poor concentration	May feel inadequate	Apprehensive	Uncharacteristic religious involvement
Startles easily	Skeptical	Increased / exaggerated Fear	Change in communication	Sudden turn from God
Bowel / digestive issues	Memory problems	Feelings of helpless	Restlessness	Familiar faith practice is empty
Change in eating habits. Over/ under eating	Self Esteem changes	Increased challenges concentrating	Substance use / abuse as means of self medicating	Belief that God is powerless
Headaches	or awareness of surroundings	Depression	Self harm at varied levels (get help)*	Loss of meaning and purpose
Vomiting	Poor problem solving ability	Powerful outbursts of emotions	Seek peer advice to cope.	Feeling distant
Vision Problems	Poor abstract thinking	Isolation / Withdrawn	Take increased risks	Anger at clergy
Vague body aches	Impaired thinking	Overwhelmed	Hyper alert to environment	Belief that God is not in control
Grinding Teeth	Nightmares	Intense anger	Intensified startling response	God does not care
Weakness	Flashbacks	May not care about outcomes	Intensified startling response	Belief that failed God you
Dizziness	Impaired focus	Agitation	Pacing	Anger at God / religion
Profuse sweating	Thinking thoughts or emotions are “crazy”	Panic attacks	increase /decreased sexual activity	Moral compromise from professed beliefs
Shock Symptoms*			May engage in sex to distract from unseen pain	