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# Trauma Response

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Blue Knot Foundation fact sheet explaining the different types of trauma response

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## Trauma and triggers

- Trauma is extreme stress. It overwhelms us and we often can not cope
- Trauma can happen a lot of times. This can make us jumpy. When we are jumpy we can be triggered easily
- When we are triggered it can feel like we are experiencing trauma right now even when we are not experiencing it

## Reactions

- When trauma happens a lot our stress response stays on. We can find it hard to be calm
- Lots of trauma can mean that we react more to 'normal' stress
- Our reactions can seem too big. This is because our body thinks we are in danger

## **What are triggers?**

- Lots of things can trigger us. Examples are smells, sounds and sights. Other triggers are in our environment
- Different people have different triggers. Some people are 'triggered' a lot
- It can be hard to identify our trigger/s. It can also be hard for the people around us
- When people don't know our triggers, we can seem to have big reactions for no reason
- When people do not understand what is happening, they can find our behaviour 'challenging'
- It is important to understand 'challenging' behaviour as a survival response
- When people understand 'challenging' behaviour, they can feel for us more and support us better
- People who support us can help us heal from trauma

If you or someone you support lives with disability and experiences of violence, abuse, neglect or exploitation OR is affected by the Disability Royal Commission, you can call the **National Counselling and Referral Service on 1800 421 458** between 9am and 6pm AEST Monday to Friday and between 9am and 5pm AEST Saturdays, Sundays and public holidays.

If you or someone you support has experiences of childhood trauma or is considering the National Redress Scheme, you can call the **Blue Knot Helpline and Redress Support Service on 1300 657 380** between 9am and 5pm Monday to Sunday AEST.

