

# Feelings

## Blue Knot Foundation fact sheet about how trauma can affect feelings

- Trauma can make it hard for us to manage our feelings.
- We can find it hard to manage our feelings if we did not learn to manage them when we were children.
- Sometimes things happen which can cause strong feelings. This is called being triggered.
- These feelings can be sudden. Some of the feelings are anger, panic and distress.
- Some triggers cause flashbacks. Flashbacks are past trauma which feels like it is happening again.
- Flashbacks can bring strong feelings and body movements.
- Flashbacks can frighten us. There is no warning and they can overwhelm us.
- When we are triggered, we have a stress response.
- We respond to stress in 1 of 3 main ways
  - 1 We fight.
  - 2 We run away (flight).
  - 3 We freeze (shut down).
- When we want to fight or flee (run away), we are jumpy. When we freeze, we shut down.

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.