

Arousal

Blue Knot Foundation fact sheet about how trauma can affect our arousal

- Arousal is the way our body and brain responds to a situation or experience.
- There are two types of arousal. We can be jumpy (hyper-aroused) or shut down (hypo-aroused).
- We can change between being jumpy and being shut down.
- When we are jumpy or shutdown this can come with strong feelings.
- We can be sad, scared or angry.
- We use different ways to manage these strong feelings. These are called coping strategies.
- We do best when we can manage our feelings. This means we are not jumpy or shut down.
- The arousal level when we can manage our feelings is called the 'window of tolerance'.
- When we are hypo-aroused or hyper-aroused we are outside of our 'window of tolerance'.
- It is easy to tell when a person is hyper-aroused.
- A freeze (shut down) response is harder to recognise.

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.