

Blue Knot Foundation

How we react to trauma and stress

Easy Read fact sheet



How to use this fact sheet



Blue Knot Foundation wrote this fact sheet.
When you see the word 'we', it means
Blue Knot Foundation.



We wrote this fact sheet in an easy to read way.
We use pictures to explain some ideas.

Normal
Bold

We have written some words in **bold**.
This means the letters are thicker and darker.



We explain what these words mean.
There is a list of these words on page 15.



This Easy Read fact sheet is a summary of
another fact sheet. This means it only includes
the most important ideas.



You can find the other fact sheet on our website at
www.blueknot.org.au



You can ask for help to read this fact sheet.
A friend, family member or support person
may be able to help you.

Support for you



In this fact sheet, we talk about things that might upset some people.



If you get upset and need support, we have services you can contact.



We offer free counselling support to people with disability and trauma.



Counselling support is when you:

- talk to someone about how you feel
- talk about ways to help you feel better.



You can contact us by phone.

1300 657 380

We are open every day.

We are open between 9am and 5pm

AEST/AEDT 7 days a week



You can also contact us by webchat.

**[https://blueknot.org.au/survivors/
blue-knot-helpline/](https://blueknot.org.au/survivors/blue-knot-helpline/)**



You can contact us by email

helpline@blueknot.org.au

What's in this fact sheet?

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What is trauma?

Trauma is something bad that happens to you that can make you feel:



- sad



- scared



- stressed



- worried.

Trauma can affect:



- how you think



- how you feel



- your body.

Trauma can happen:



- once
- more than once.



Everyone deals with trauma in different ways.

How people react to trauma



People with trauma can find it hard to manage how they feel.

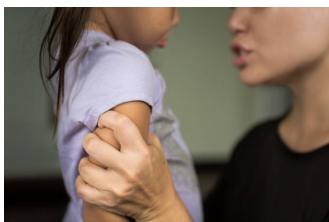
This can start to happen when you are a child if your parents or carers:



- don't care for you



- don't look after you



- hurt you.

People react to trauma because they:



- don't feel safe



- feel like they are in danger.



Trauma can make it hard to think clearly.



It can also make it hard to feel calm.

People with trauma can:



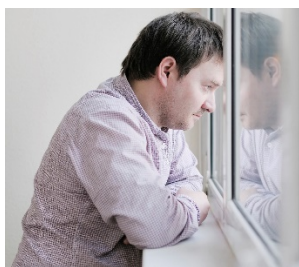
- forget things



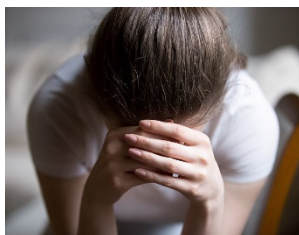
- feel confused



- feel like things aren't real



- have **depression**.



If you have depression, you feel bad most of the time.



Triggers are things that make people with trauma react.



People can have different triggers.



It can be hard to know what might trigger someone.

How people react to stress



Everyone feels stressed sometimes.



Stress can make it hard for you to think clearly.



It can also make you act in different ways.



The way you react to stress can help when you are in danger.

There are 3 main ways that people react to stress.

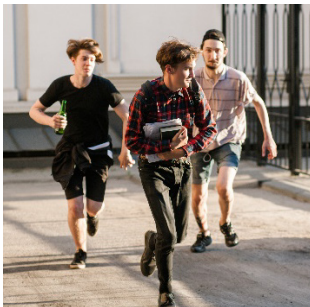


These are:

- fight
- flight
- freeze.



Fight is when you try to fight the danger.



Flight is when you run away from the danger.



Freeze is when you can't move or speak.

After the danger has passed, you will:



- think more clearly



- feel calm.



People with trauma can find it harder to deal with stress than other people.

This means they might feel like:



- they can't think clearly



- they can't feel calm.

Word list

This list explains what the **bold** words in this fact sheet mean.



Counselling support

Counselling support is when you:

- talk to someone about how you feel
- talk about ways to help you feel better.

Trauma

Trauma is something bad that happens to you that can make you feel:



- sad
- scared
- stressed
- worried.



Triggers

Triggers are things that make people with trauma react.

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