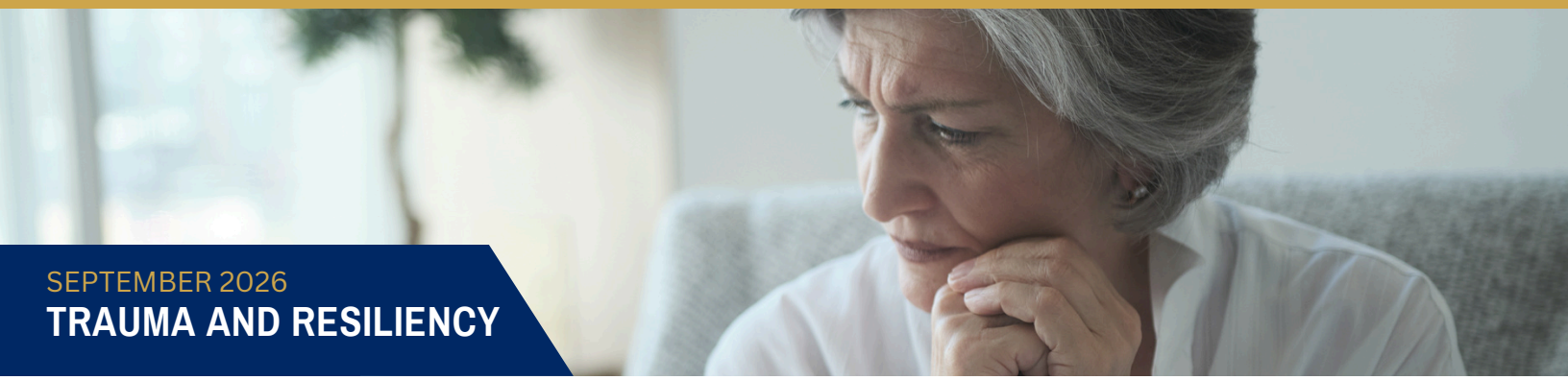
KERN COUNTY ELDER NEWS

Monthly Information Article | Kern County DEAR/EDRT TEAM*
*(Dependent/Elder Abuse Review) Team/EDRT (Elder Death Review Team)



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TRAUMA AND RESILIENCY

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Trauma and Resiliency

Many of us have experienced some form of trauma in our lifetime that can affect our physical and psychological health. What does trauma look like? Trauma can look different to different people (ie. age, socioeconomic status, culture, upbringing or events).

According to the American Psychological Association, "Trauma is an emotional response to a terrible event like an accident, crime, natural disaster, physical or emotional abuse, neglect, experiencing or witnessing violence, death of a loved one, war and more." Trauma can also result from major life events such as displacement from your home, moving to a new and unfamiliar place, medical diagnosis, family separations, and isolation.

People who experience a traumatic event can often be reminded of that event through sensory cues: Sight, touch, sound, smell and taste. Many of us have experienced a traumatic event in our lives where we can probably identify triggers (reminders) that can lead to emotional or physical responses. However, there are people who have trauma reactions to triggers they were unaware of. Some examples of triggers can be driving by where the incident happened, someone touching you on the shoulder, the sound of sirens, the smell of rain, or eating your loved one's favorite meal.

Common reactions to trauma can look like nightmares, flashbacks, fear and anxiety, anger, sadness, guilt, avoidance, isolation, rumination, identity confusion or co-dependency. These are all normal emotional reactions to trauma but can affect a person's overall attitude, behavior and day-to-day function.

It is important to take care of your body and mind to build resiliency (adapting to change, traumatic events and stressful situations). Mental health is often linked to your overall health which can be influenced by

Agency Partners

- Bakersfield Police Department
- California Dept. of Financial Protection & Innovation
- California Dept. of Insurance
- CSUB
- Dept. of Social Services Licensing
- GBLA
- Independent Living Center of KC
- Kaiser Permanente
- Kern Co. Aging & Adult
- Kern Co. BHRS
- Kern Co. Coroner
- Kern Co. District Attorney
- Kern Co. DA Victim Services
- Kern Co. Family Law Facilitator
- Kern Co. Public Health
- Kern Regional Center
- Kern Co. Sheriff's Office
- Kern Co. Veterans Service Dept.
- Social Security Admin.
- Strata Credit Union

many factors that include lifestyle, personal experiences, family relationships, the community you are surrounded by and socioeconomic status.

How can I take care of my mental health and build resiliency?

- Regular exercise
- Prioritizing restful sleep
- Meditation
- Learning coping skills
- Keeping in touch with family and friends
- Maintaining a positive outlook on life
- Be kind to yourself
- Be aware of your emotions
- Accept change
- Help others
- Connect with people who can listen and understand you
- Set small goals for yourself
- Don't let what happened define who you are
- Problem solve difficult situations
- Learn from your past challenges
- Focus on what you can control and accept what you cannot control
- Seek help

Resources

The Victim Services Unit and Kern County Family Justice Centers are available Monday-Friday from 8am to 5pm to help connect victims of crime with local mental health providers and grief support. Both programs can be located at 1300 18th Street, Bakersfield, CA 93301 or by phone at (661) 868-5960 or (661) 868-5950.

For 24/7 crisis support, call or text 988 or chat 988lifeline.org

Sources:
https://www.cdc.gov/mental-health/about/index.html
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https://www.psychologytoday.com/us/blog/think-act-be/201609/21-common-reactions-trauma?msockid=1167fe30c66e6be213bee94ac7566a2f
https://www.apa.org/topics/resilience/building-your-resilience
https://www.kerncounty.com/government/departments/district-attorney/about/divisions/victim-services
https://kcfjc.org/