

# Traumatic Stress & Self-Care

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## What is image-based traumatic stress??

Image-based traumatic stress refers to the reaction individuals experience as a result of exposure to graphic or traumatic images. It is a common, normal, and adaptive response to experiencing a traumatic or stressful event.

## What are the symptoms of traumatic stress??

Shock and disbelief, fear, sadness, guilt, anger, shame, racing heart, shaky hands, sweating, avoiding certain locations or people, anxiety, changes in your sleep patterns, bad dreams, loss of appetite.

## What can I do about traumatic stress??

Don't ignore your feelings, remember there is no "right" or "wrong" way to feel.

Seek out a safe space, surround yourself with support, meditate, try mindful breathing, volunteer, use aromatherapy, take a walk.

## How to feel grounded when you're traumatized.

- Sit on a chair, with your feet on the ground and your back supported by the chair.
- Look around you and pick six objects that have red or blue in them. This should allow you to feel engaged in the present, more grounded and in your body. Notice how your breath gets deeper and calmer.

## What resources are available on campus?

Student Counseling Services - (812) 237-3939  
Student Health Promotion - (812) 237-3258  
Women's Resource Center - (812) 237-2877