**Trauma and Physical Health**

**Purpose:**  
This worksheet explores the connection between trauma and physical health, helping you recognize how trauma manifests in your body, understand its impact, and develop strategies to restore balance and well-being.

**1. Understanding the Mind-Body Connection**  
Trauma affects not only your mind but also your body. The stress response triggered by trauma activates the body’s survival systems, leading to physical symptoms that may persist long after the traumatic event. Over time, unresolved trauma can contribute to chronic pain, fatigue, digestive issues, or other health challenges. Recognizing these connections allows you to care for your body as part of your healing journey.

* Reflect on how trauma has affected your physical well-being. What symptoms have you noticed (e.g., tension, headaches, difficulty sleeping)?
* How do you currently feel about your body and its responses to stress?

**2. Common Physical Effects of Trauma**  
Trauma can manifest in the body in many ways. Below are some examples:

* **Muscle Tension:** Tightness in the shoulders, neck, or jaw due to prolonged stress.
* **Sleep Disruptions:** Difficulty falling or staying asleep, or experiencing nightmares.
* **Digestive Issues:** Stomach pain, nausea, or irregular digestion linked to the gut-brain connection.
* **Fatigue:** Persistent tiredness or lack of energy.
* Which of these effects resonate with your experience? Are there other physical symptoms you’ve noticed?

**3. Recognizing Your Body’s Signals**  
Your body often provides cues when it is overwhelmed or dysregulated. Paying attention to these signals helps you respond with care.

* When you feel stressed or triggered, what physical sensations do you notice (e.g., heart racing, shallow breathing)?
* What is one signal your body gives you that you might overlook?

**4. Releasing Trauma Stored in the Body**  
Healing involves releasing the tension and stress that trauma can store in your body. Below are techniques to help you reconnect with and care for your physical self.

**Physical Release Techniques:**

* **Progressive Muscle Relaxation:** Tense and release each muscle group, starting from your toes and working upward.
* **Grounding Movement:** Engage in gentle activities like yoga, stretching, or walking barefoot on grass to reconnect with your body.
* **Rhythmic Activities:** Activities like dancing, swimming, or drumming can help release pent-up energy.
* Which of these techniques feels most accessible to you? Why?

**5. Supporting Your Body Through Nutrition and Rest**  
Trauma can disrupt your body’s basic needs for nourishment and rest. Rebuilding these foundations is an essential part of healing.

* Reflect on your eating habits. Are there ways trauma has influenced how or what you eat (e.g., skipping meals, overeating)?
* How can you create a more nourishing routine (e.g., preparing balanced meals, staying hydrated)?
* How do you currently approach rest? Are there changes you could make to improve the quality of your sleep?

**6. Seeking Professional Support for Physical Healing**  
Healing trauma’s physical effects often requires professional care, such as somatic therapy, physical therapy, or regular medical checkups.

* Have you sought professional help for physical symptoms related to trauma? If not, what’s holding you back?
* What kind of professional support could benefit you (e.g., a trauma-informed therapist, massage therapist, or nutritionist)?

**7. Reflection: Building a Compassionate Relationship With Your Body**  
Healing requires treating your body with kindness and understanding, recognizing that it has carried you through difficult times.

* What is one thing you appreciate about your body today?
* How can you show your body gratitude this week (e.g., stretching, taking a warm bath, or spending time in nature)?

**Conclusion:**  
Trauma may affect your physical health, but healing allows you to reconnect with and care for your body in meaningful ways. By understanding your body’s signals, practicing release techniques, and prioritizing rest and nourishment, you can restore balance and resilience. Remember, your body is a partner in your healing journey—treat it with the compassion it deserves.