

KEY TERMS GLOSSARY

Wellness and Advocacy for Young Leaders

TRAUMA

Trauma is an emotional response to a terrible event like an accident or abuse.

TRAUMA RESPONSE

A natural physiological and psychological reaction to a real or perceived traumatic situation. Immediately after the event, shock and denial are typical. Longer-term reactions include unpredictable emotions, flashbacks, strained relationships and physical symptoms like headaches or nausea.

Sometimes a trauma response shows up as overcorrecting or overcompensating. This occurs when the nervous system, programmed for self-preservation after a traumatic event, becomes excessively sensitive to perceived threats long after the danger has passed. This can result in intense emotional or behavioral reactions that seem disproportionate to the current situation. For example, avoiding conflict at all cost or always putting other people's needs before your own.

SELF AWARE

Conscious knowledge of one's own character, feelings, motives and desires.

WELL-BEING

The state of being comfortable, healthy or happy.

TRIGGER

In mental health, a trigger refers to something that affects your emotional state, often significantly, by causing extreme overload or distress. A trigger affects your ability to remain present in the moment. It may bring up specific thought patterns or influence your behavior.