

Trauma and the Body

Normal physical stress responses to traumatic events:

The symptoms of traumatic stress are not just emotional—they're also physical. It's important to know what the physical symptoms of stress look like, so they don't scare you. They will go away if you don't fight them:

- Trembling or shaking
- Pounding heart
- Rapid breathing
- Lump in throat; feeling choked up
- Stomach tightening or churning
- Feeling dizzy or faint
- Cold sweats
- Racing thoughts

There are emotional responses to trauma as well yet it is equally important to understand how the body reacts to these events.

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