

Aging Well Newsletter

Lutheran Counseling Services



Trauma

What is trauma?

It is a result of an event or set of circumstances that can be sudden or drawn out, which causes physical or emotional harm to you, or are life threatening. Traumatic events can have lasting effects on a person's mental, physical, social, emotional, and spiritual wellbeing. Trauma does not discriminate based on age – trauma can occur to people of all ages and can impact people throughout their lifetime. Symptoms associated with traumatic stress may not dissipate over time for all survivors. As trauma survivors age, their trauma symptoms can resurface and evolve. It can be difficult to talk about past experiences, especially if they are traumatic. We might also feel like something was “not a big deal,” and feel like our experiences were

not “bad enough” to be seen as traumatic.

During life transitions, past trauma can resurface and as we age we may not have access to the coping strategies we had before. See the “Aging Well” table for symptoms that may be related to trauma. The counselors at LCS provide a safe space for people to talk through their past experiences. If you feel that this would be helpful to you, we encourage you to reach out to us.

“You are not the darkness you endured, you are the light that refused to surrender.” - John Mark Green

Services to help!

LCS is currently offering an on-call service Monday-Thursday from 9am-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We have guided meditation videos, self-care tips, and at home recreational therapy activities, in addition to other awesome resources. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or ‘like’ us on Facebook to see these resources. Seniors First clients have access to free mental health services. Call us to find out more.

AGING WELL

Common Symptoms of Trauma

- Flashbacks or intrusive thoughts of past events or experiences
- Nightmares or trouble sleeping
- Avoiding certain people, places, and things that might remind you of the event
- Changes in your behavior, like being startled easily or reacting strongly to things that people without trauma would not react to
- Increased negativity, like feeling guilty, anxious, or struggling to trust others



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Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to:
<https://lcsfl.com/how-to-help/>

(407) 644-4692