

## I want to acknowledge that living through this pandemic is a trauma.

As a trauma specialist, i think there are a few things that are helpful to know:

- Parts of our brain have shut down in order for us to survive
- As a result, we are not able to fully process a lot of what is going on around us
- Feeling somewhat numb and out of touch with our emotions is normal, especially if you have lived through trauma before
- Some people are also more apt to feel hypervigilant or anxious, while others become hypoactive or depressed. Neither means anything other than indicating your predisposition to dealing with extreme stress
- In-depth processing of trauma happens years later, when we feel emotionally safe to deal with it.
- When in the midst of trauma, just getting by emotionally and functionally is okay. Lowering expectations and being kind to yourself and others is vital.

-Jennifer Yaeger, LPC

