

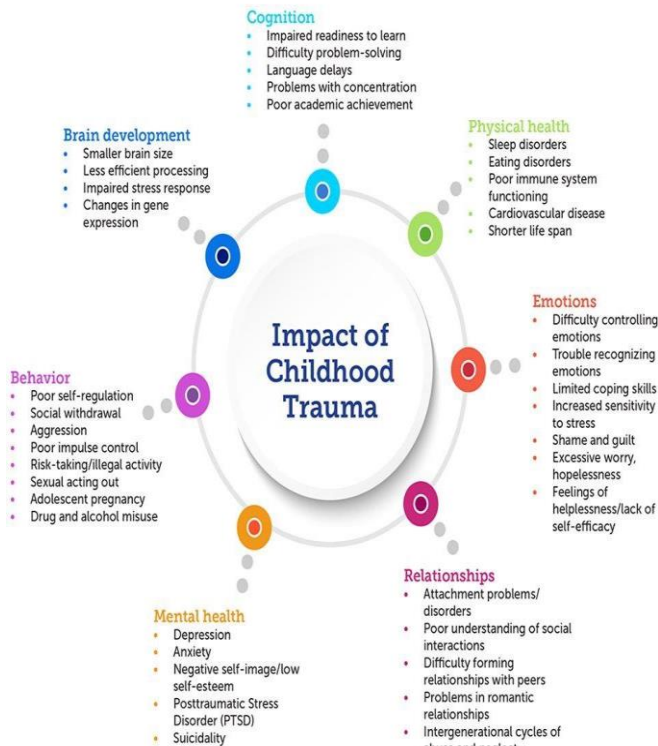
Mental Health & Behavior Support Services

Newsletter Issue No. 6 June 2020-Teachers Edition

Child trauma is more common than you think.

- More than 25% of American youth experience a serious traumatic event by their 16th birthday, and many children suffer multiple and repeated traumas.
- Common sources of trauma include child abuse and neglect; serious accidental injury; disasters and terrorism; experiencing or witnessing violence in neighborhoods, schools and homes; and treatment for life-threatening illness (medical trauma).
- After a crisis or traumatic event, a child is at risk of developing traumatic stress. About 25% of victims and witnesses of violence develop PTSD, depression or anxiety disorders.
- [http://tsafor.schools.org/_static/tsa/uploads/files//child trauma basic facts april 2007.pdf](http://tsafor.schools.org/_static/tsa/uploads/files//child%20trauma%20basic%20facts%20april%202007.pdf)

Impact of Childhood Trauma



Child traumatic stress can be identified.

1. Signs of traumatic stress include fear, anger, withdrawal, trouble concentrating, digestive problems, and nightmares. Behavior disorders and “acting-out” can also be symptoms of trauma. Academic failure, lower drop-out rates, higher rates of absenteeism, expulsion and suspension are associated with students’ exposure to community violence.
2. A child’s distress may not be obvious or visible. By talking with them you may find discover that they are experiencing traumatic stress: They may be re-experiencing the trauma through images, thoughts and feelings; They may try to avoid people and places that are traumatic reminders. They may seem numb because they are trying to avoid feeling their own feelings.

[http://tsafor.schools.org/_static/tsa/uploads/files//child trauma basic facts april 2007.pdf](http://tsafor.schools.org/_static/tsa/uploads/files//child%20trauma%20basic%20facts%20april%202007.pdf)

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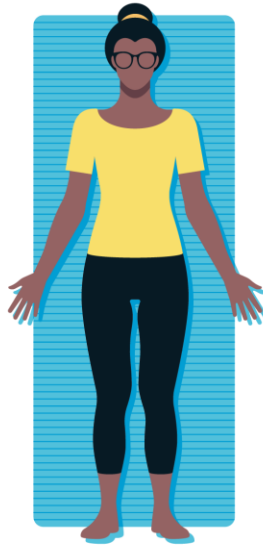
The benefits of practicing mindfulness aren't a secret. Mindfulness is a way of regaining balance when life feels shaky. It can bring you back to center and steady you again. It also provides a variety of health benefits, such as improving your focus, decreasing anxiety, reducing depression, and boosting your immune system.

<https://www.mondaycampaigns.org/destress-monday/beat-stress-this-monday-with-a-mindful-body-scan>

FEEL CALM ALL OVER

This Monday, try a mindfulness body scan to ease tense muscles and let stress drift away.

1. Sit quietly or lie down.
2. Start at one end of your body and focus on each body part.
3. Notice any areas of tension then soften and relax.
4. Continue until your whole body feels completely relaxed.



**DESTRESS
MONDAY**

DeStressMonday.org

#DeStressMonday

Have you ever read a paragraph and had to re-read it? Or, had the feeling your mind was whirring along without you? Mindfulness gives you a moment to step off the treadmill of your thoughts and be in the moment. It is simply the suggestion that doing one thing at a time can be better for your overall wellbeing than doing many things at once. Try it!

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Next Issue:

1. Will continue to provide self-care tips and techniques.
2. What can be done at school to help a traumatized child?