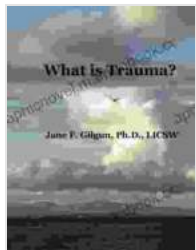


What Is Trauma? Jane Gilgun Explores the Complexities

Trauma is a complex and often misunderstood experience. It can be caused by a wide range of events, from childhood abuse to natural disasters to war. Trauma can have a profound impact on our mental, physical, and emotional health. It can lead to a variety of symptoms, including anxiety, depression, flashbacks, and nightmares.



What is Trauma? by Jane Gilgun

★★★★☆ 4.1 out of 5

Language : English

File size : 156 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 9 pages

Lending : Enabled

Screen Reader : Supported



Actress Jane Gilgun knows firsthand the effects of trauma. She has spoken openly about her own experiences with childhood abuse and sexual assault. In a recent interview, Gilgun shared her insights on what trauma is, how it can affect us, and what we can do to heal.

Gilgun describes trauma as "a wound that doesn't heal." She says that trauma can be "a very isolating experience" because it can be difficult for others to understand what you're going through.

One of the most common symptoms of trauma is dissociation. Dissociation is a way of coping with overwhelming emotions and memories. Gilgun says that she experienced dissociation as a way of "shutting down" her emotions.

Trauma can also lead to a variety of other symptoms, including:

- Anxiety
- Depression
- Flashbacks
- Nightmares
- Avoidance
- Self-harm
- Substance abuse

Gilgun says that it's important to remember that trauma is not a sign of weakness. She says that trauma is "a normal reaction to an abnormal event." She also says that it's important to seek help if you're struggling with trauma.

There are a variety of treatments available for trauma. Some common treatments include:

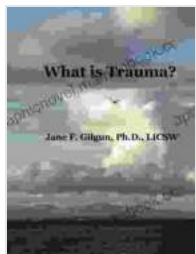
- Therapy
- Medication
- Support groups

Gilgun says that recovery from trauma is a journey. She says that it takes time and effort, but it is possible to heal.

If you're struggling with trauma, there is help available. Please reach out to a trusted friend or family member, or contact a mental health professional.

Additional Resources

- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The National Suicide Prevention Lifeline: 1-800-273-TALK
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>



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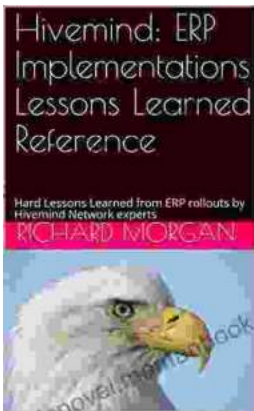
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