



1

---

---

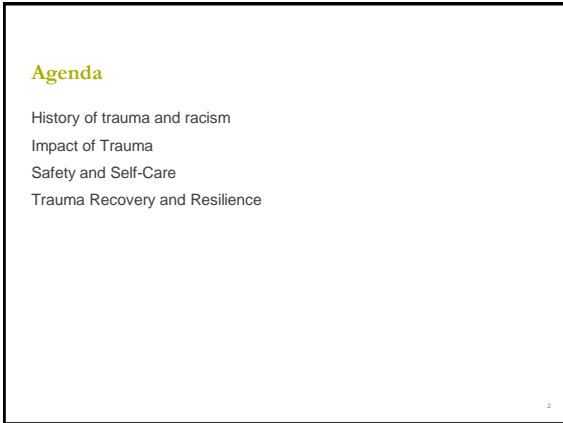
---

---

---

---

---



2

---

---

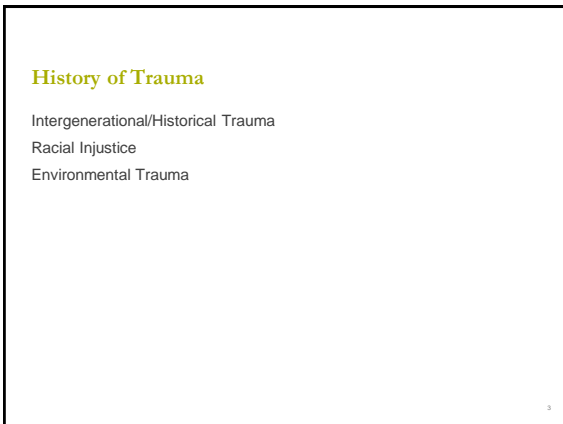
---

---

---

---

---



3

---

---

---

---

---

---

---

### Intergenerational & Historical Trauma

Caused by events that target a group of people  
Epigenetic  
Trauma that has been passed down

4

4

---

---

---

---

---

---

---

### Racial Injustice

Discrimination  
Racial Profiling  
Stereotyping  
Bias  
Prejudice

5

5

---

---

---

---

---

---

---

### Environmental Trauma

Natural or Manmade Disaster  
Global Pandemic

6

6

---

---

---

---

---

---

---

### Impact of Trauma

Acute Stress & PTSD  
Medical Issues  
Social and Emotional

7

---

---

---

---

---

---

---

7

### Signs and Symptoms

Emotional & psychological impact:  
Shock, denial, or disbelief  
Confusion, difficulty concentrating  
Anger, irritability, mood swings  
Anxiety and fear  
Guilt, shame, self-blame  
Withdrawing from others  
Feeling sad or hopeless  
Feeling disconnected or numb  
Feeling like you are reliving and event

8

---

---

---

---

---

---

---

8

### Trauma Recovery and Resilience

Triggers  
Setting Healthy Boundaries  
Self-care  
Support System

9

---

---

---

---

---

---

---

9

### Trauma Triggers

A psychological stimulus that prompts recall of a traumatic experience

Flight, Fright, Freeze

Paired Associations

10

10

---

---

---

---

---

---

---

### Setting Healthy Boundaries

Removing ourselves from stimulus when needed

Name your limits

Tune into your feelings

Give yourself permission to do what you need to.....

Changing thoughts and speech to avoid re-traumatization

11

11

---

---

---

---

---

---

---

### Self-care

Intentional act of meeting one's emotional, physical, and spiritual needs.

Healthy

Restorative

Necessary

12

12

---

---

---

---

---

---

---

Support System

EAP  
Family and Friends  
Coworkers

13

---

---

---

---

---

---

---

13

Call 800-999-7222  
or  
go to our website at  
[www.anthemepap.com](http://www.anthemepap.com)  
Login: Fulton

How EAP Can Help ...

- Face-to-face or online counseling sessions
- Legal/Financial consultations
- Child/Eldercare consultation & referrals
- Daily life resources
- ID theft recovery
- Free credit monitoring
- myStrength – Health Club for Your Mind
- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
  - Resources
  - Self assessments
  - Health/wellness library
  - Legal forms

14

---

---

---

---

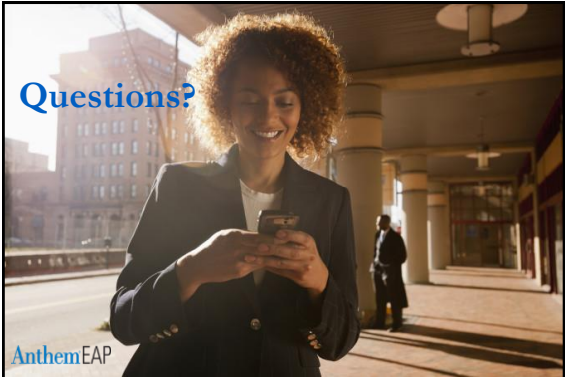
---

---

---

14

Questions?



AnthemEAP

15

---

---

---

---

---

---

---

15