



# Understanding Trauma Response

## I can help myself by...



### **FIGHT**

When the nervous system shifts into fight, you may feel irritable, angry, defensive, or driven to confront a person or situation in order to protect yourself.

When you notice fight energy rising, pause to slow your breathing, ground your body (such as pressing your feet firmly into the floor), and give yourself space before responding so your nervous system can settle.



### **FLIGHT**

In flight mode, you may feel restless, anxious, or overwhelmed, with a strong urge to escape, avoid, overwork, or stay constantly busy to feel safe.

If you feel the urge to escape or overdo, gently slow your pace, orient to the present moment by naming what you see and hear around you, and remind yourself that you are safe right now.



### **FREEZE**

During freeze, you may feel numb, disconnected, shut down, or stuck, as if your body and mind are unable to move or respond even when you want to.

When you feel shut down or stuck, start with small, gentle movements (like wiggling your fingers or stretching), add steady breathing, and seek connection with a trusted person to help your body come back online.