

Symptoms of Trauma

Emotional Symptoms of Trauma

Emotion is one of the most common ways in which trauma manifests. Some common emotional symptoms of trauma include denial, anger, sadness and emotional outbursts. Victim of trauma may redirect the overwhelming emotions they experience toward other sources, such as friends or family members.

Physical Symptoms of Trauma

Trauma often manifests physically as well as emotionally. Some common physical signs of trauma include paleness, lethargy, fatigue, poor concentration and a racing heartbeat. The victim may have anxiety or panic attacks and be unable to cope in certain circumstances.

Short-Term and Long-Term Effects of Trauma

All effects of trauma can take place either over a short period of time or over the course of weeks or even years. Any effects of trauma should be addressed immediately to prevent permanence. The sooner the trauma is addressed, the better chance a victim has of recovering successfully and fully.