**TWO-PART BRAIN**

**Limbic: Three Prime Directives**
- Survive
- Avoid Pain
- Seek Pleasure

**Prefrontal: Rational Thinking**
- Morals
- Judgment
- Conscious

“If you better understand how your mind works, you can better navigate through a world of increasingly subtle manipulations.”
— Richard Brodie

**How Trauma Impacts the Brain**

Empowering Survivors & Family Members to Better Navigate the Healing Process

**Think “IT”**

Recognizing the Trauma Voice is the key to applying the concept of surrender.

Understand where the voice is coming from.

Learn to just let “IT” be without giving “IT” undo attention.

**FROZEN CHRONIC STRESS**

Chronic stress fills our bodies with stress hormones which does not help with healthy growth. Stress hormones counteract our natural healing response.

**Trauma Defined**

Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster.

**Short Term**

Shock and denial are typical.

**Long Term**

Unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea may occur.

“Trauma is much more than a story about something that happened long ago. The emotions and physical sensations that were imprinted during the trauma are experienced not as memories but as disruptive physical reactions in the present.”
— Bessel van der Kolk

**Can We Do Anything?**

- Awareness
- Acknowledgment
- Power through Surrender
- Mindfulness
- Faith

www.youniquefoundation.org

Empowering Survivors & Family Members to Better Navigate the Healing Process.
BECOME A DEFENDER

1. Invite us to give a presentation:
   - Teaching your Children Healthy Sexuality
   - Sexual Abuse Prevention and Awareness
   - Recognizing and Responding to Sexual Abuse
   - 5 Key Strategies of Healing from Sexual Abuse
   - How Trauma Impacts the Brain

(Email: mhartvigsen@youniquefoundation.org)

   - Commit to defend innocence.
   - Act on your commitment.
   - Share your experience at defendinnocence.org.

3. Connect with us on social.