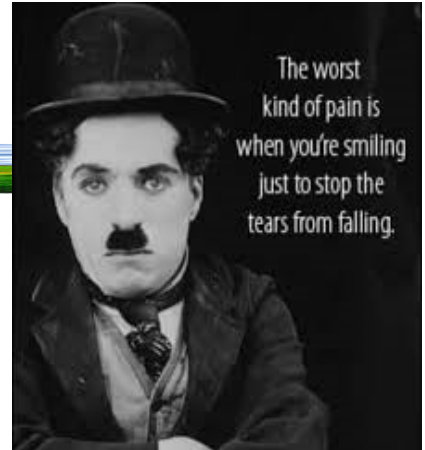




# DEAF AWARENESS AND FAMILY HEALTH



THE  
STRUGGLE  
YOU ARE IN  
TODAY  
IS DEVELOPING THE  
STRENGTH  
YOU NEED FOR  
TOMORROW

## (P)TSD

As we celebrate a New Year and look back with 2020 in our rearview mirror, we need to ask the question, how many got left behind?

The New Year will bring with it the survivors of trauma, stress, abuse and so much more.

To the (P)TSD Veterans and the New Arrivals – It is an ugly journey filled with misunderstandings and stigma – some will have support, others will not.

There are resources, but I caution you that not every new arrival will fall under the “Experts” criteria of a traumatic event, let alone be accurately diagnosed with (P)TSD, and that in itself is tragic -

Not one of them  
Walked in your shoes

If you would like to research PTSD here are a few links:

Mayo Clinic:

<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>

PerformCare

<https://pa.performcare.org/self-management-wellness/ptsd/ptsd-prevention.aspx>

The Trauma Practice (*Admittedly there is a problem with this website but has good information if you are not afraid to explore once you pull it up*)

<https://traumapractice.co.uk/types-of-trauma/>

Along your journey, don't be afraid to look for things that will work for you, what works for someone else may not necessarily be right for you. Like Cancer you need to build a treasure chest and stuff it full. What works one day may not the next.

Should you try counseling don't be afraid to shop around until you find the right one.

Trauma, like Cancer comes in many forms. It does not care if you are, or ever were, in uniform or suffered some kind of abuse. Trauma comes to anyone who finds themselves in the right place at the wrong time. And to that individual the next thing you know, life as you knew it, no longer exists. Depending on what type of fabric you are made of, the support or lack of, and the type of event, it can leave you shattered and/or broken.

**Today you are you,  
that is truer than true.**

**There is no one alive  
who is Yover than You.**

Dr Seuss



# Stress & The Body

According to Zen Bear:

<https://www.zenbear.co.uk/latest-news/hips-and-your-emotions-yoga>

The hips are an area where people hold a lot of unconscious tension, old emotions and deep vulnerabilities. Think of what you do when you feel angry. You unconsciously clench your jaw. This same action of clenching happens in your hips when we feel threatened.-This unconscious tension can be held from one traumatic event, or lots of little events where the stress of feelings like sadness, fear and worry are stored and can get stuck. -Stretching the hip muscles can help with releasing and allowing the stored emotions to escape. This web page has some stretching exercises for you to try.

Another well designed and informative resource comes from the "HelpGuide" I encourage you to explore this website and when ready to venture off - head down to the bottom and look for "stress," select this button and scroll down to "Relaxation Techniques for Stress Relief." This page hints at alternative stress relief options such as acupuncture and massage. It also walks you through some meditation techniques.

I think I'm afraid to be Happy  
Because whenever I get too Happy,  
Something bad always Happens.



See: <https://www.helpguide.org/>

This is a non-profit web page and will ask for donations, but not mandatory to utilize their site.

Admittedly, I have gravitated to "Psychology Today" (the magazine) on more than one occasion. This website is highly recommended:

<https://www.psychologytoday.com/us/blog/when-kids-call-the-shots/201807/where-do-you-store-stress-in-your-body-top-10-secret-areas>

Not only does it have helpful information about where we store stress and the type of emotion that puts it there, this website also contains links to finding help, support groups and a link to self help tests. At the bottom of the page there are additional links to useful information. If anything, please check out this website, it may help you in your journey to healing and understanding.



**"I WOULD HAVE DONE SOMETHING DIFFERENT"**

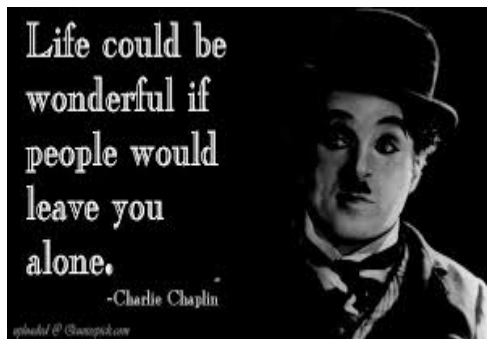
To the well-meaning observer,

As Bill Murray found out on "Ground Hog Day," no matter how many times you wake up and make an effort to change the ultimate outcome by doing something different, something's refuse to change.

Most individuals don't even make it half way through the ride they want off so bad -

I pray each day I see the "happy ending," but in my case a little slice of peace would be gratefully accepted.

A Trauma Victim



BE CAREFUL  
WITH YOUR WORDS.  
ONCE THEY ARE  
SAID,  
THEY CAN BE ONLY  
FORGIVEN,  
NOT FORGOTTEN.



TO THOSE WHO FIND THEMSELVES  
DEPRESSED & TRAUMATIZED  
PLEASE FORGIVE  
THOSE WHO UNKNOWINGLY SPOKE  
HURTFUL WORDS THAT BROUGHT BACK  
PAINFUL MEMORIES



“WHO RESCUED WHO?”

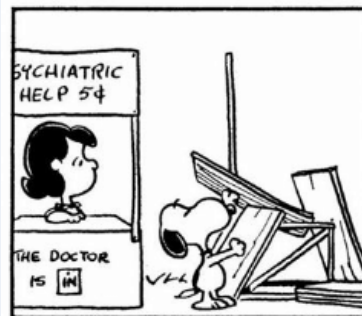
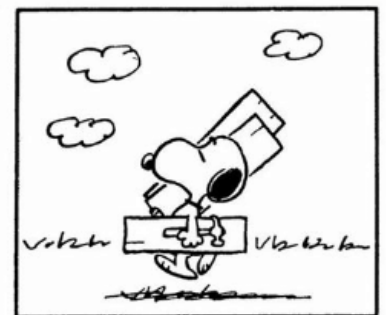
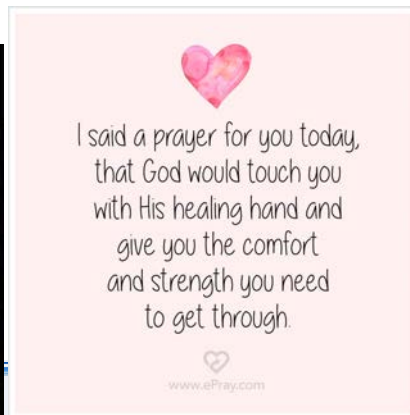
You see the bumper stickers and paw prints just about everywhere you go. As humans we need to feel some connection and belonging, - a sense of having a purpose in life.

The down side is loss.

The question you need to ask yourself - can I survive the loss?

Have you made arrangements for your companion if they survive you?

A pet is a beautiful gift from Heaven. Cherish it - just keep in mind there will come a day they will have to return home - and, that in itself, is a traumatic event.



Know that everyone is not treated the same - some unfairly. Pretend you are like "Mule Tape" Strong, yet Soft & Flexible. Let the light shine around you & Be Strong

### Today's Music Pick

8 Hours of Beautiful Relaxing Music - Harp, Flute, Piano & Strings for Sleep, Meditation, Studying

<https://www.youtube.com/watch?v=V6R8uiaMtb0>

Life is a play that does not allow testing. So, sing, cry, dance, laugh and live intensely, before the curtain closes and the piece ends with no applause.

Charlie Chaplin



COURAGE DOESN'T ALWAYS ROAR. SOMETIMES COURAGE IS THE LITTLE VOICE AT THE END OF THE DAY THAT SAYS 'I'LL TRY AGAIN TOMORROW''

Mary Anne Radmacher



Reader's pick:  
The Devil whispered in my ear, "You're not strong enough to withstand the storm. Today I whispered in the Devil's ear "I AM THE STORM!"

I hope your soul finds peace. And your heart reaches home. I hope lights light up your way. And happiness takes over the pains of yesterday.



Today's Rain Challenge:  
Best looking Duster/ Raincoat  
Send photo to:  
tthorud@hotmail.com

UNTIL  
NEXT TIME  
BEAR HUG



Draw a Line to Match

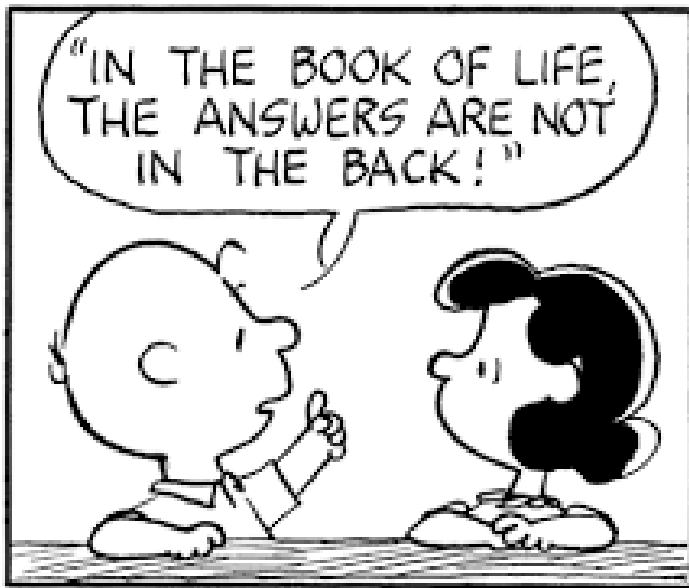
- \* Art \*Puzzle
- \*Sing \*Dance
- \* Music \*Gardening
- \*Chasing Butterflies
- \*Building Something
- \*Fixing Something
- \*Drive in the Country
- \*Making Sand Castles
- \*Running on the Beach
- \*Fishing
- Chronicling Your Adventures
- \*Go on a Trip



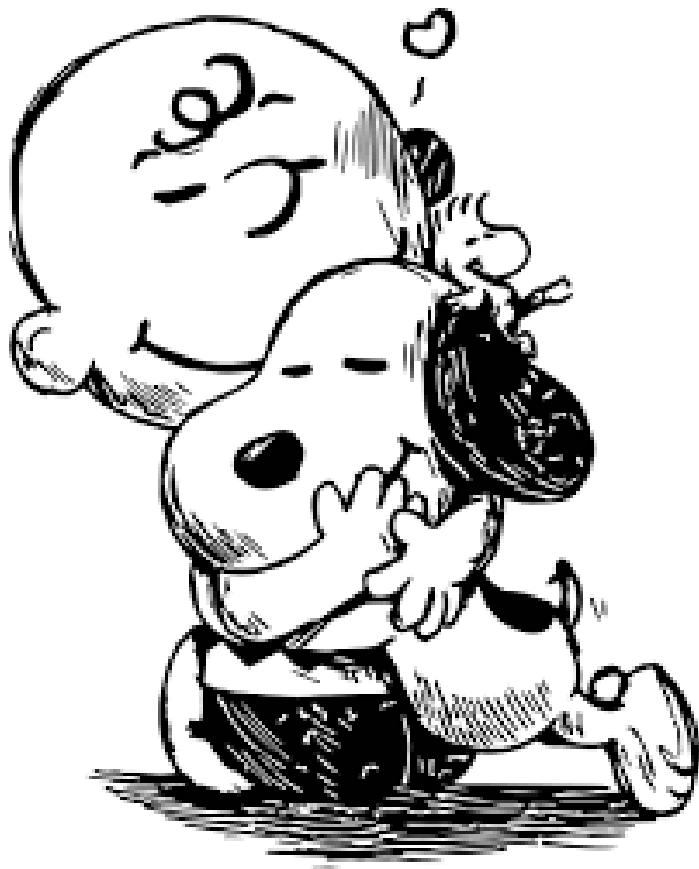
WHAT'S IN YOUR TREASURE CHEST?



DON'T LOOK BACK - YOU'RE NOT GOING THAT WAY



© PNTS



“  
THE WORLD CANNOT  
BE WRONG IF IN THIS  
WORLD THERE'S YOU.

CHARLIE CHAPLIN





2021

**HAPPY  
NEW YEAR**

A  
NEW YEAR WISH  
FROM ME  
TO YOU

• MAY YOU GROW  
SO TALL & BRIGHT,  
SO FREE & WILD,  
SO BRAVE & VIBRANT  
THAT WHEN I SEE YOU  
STANDING  
I WILL THINK  
YOU ARE A  
SUNFLOWER  
SMILING IN THE  
AFTERNOON SUN

I want  
to be  
like a

*Sunflower*

so that  
even on the  
darkest days

I will  
stand tall  
& find the  
sunlight.

