

MENTAL HEALTH AWARENESS

By Faith Gichanga
Counselling & Organizational Psychologist

This presentation focuses on Trauma and Healing Awareness.

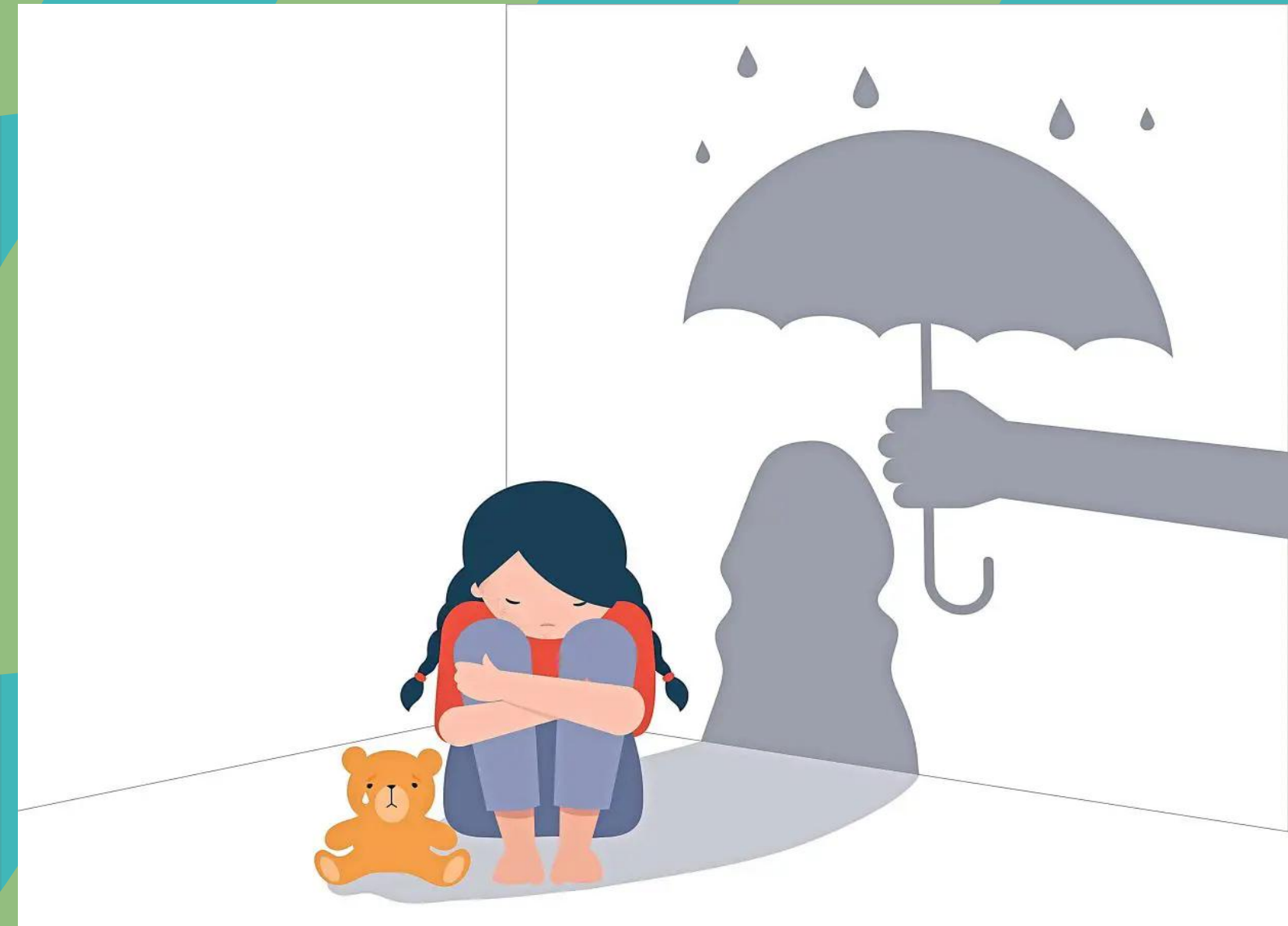


Table of Contents

1	Introduction	6	Grounding technique
2	Effects of Trauma	7.	Conclusion
3	Signs and Symptoms of Trauma		
4	Safe Spaces for Healing		
5	Pathways to Recovery		

Table of Contents

01

02

03

04

Introduction

Trauma happens when something shocking, scary, or deeply painful leaves a mark on your hearts and minds.

Examples include:

- ❖ Losing a loved one
- ❖ Experiencing violence or abuse
- ❖ Seeing an accident or disaster
- ❖ Feeling rejected or abandoned

Remember:

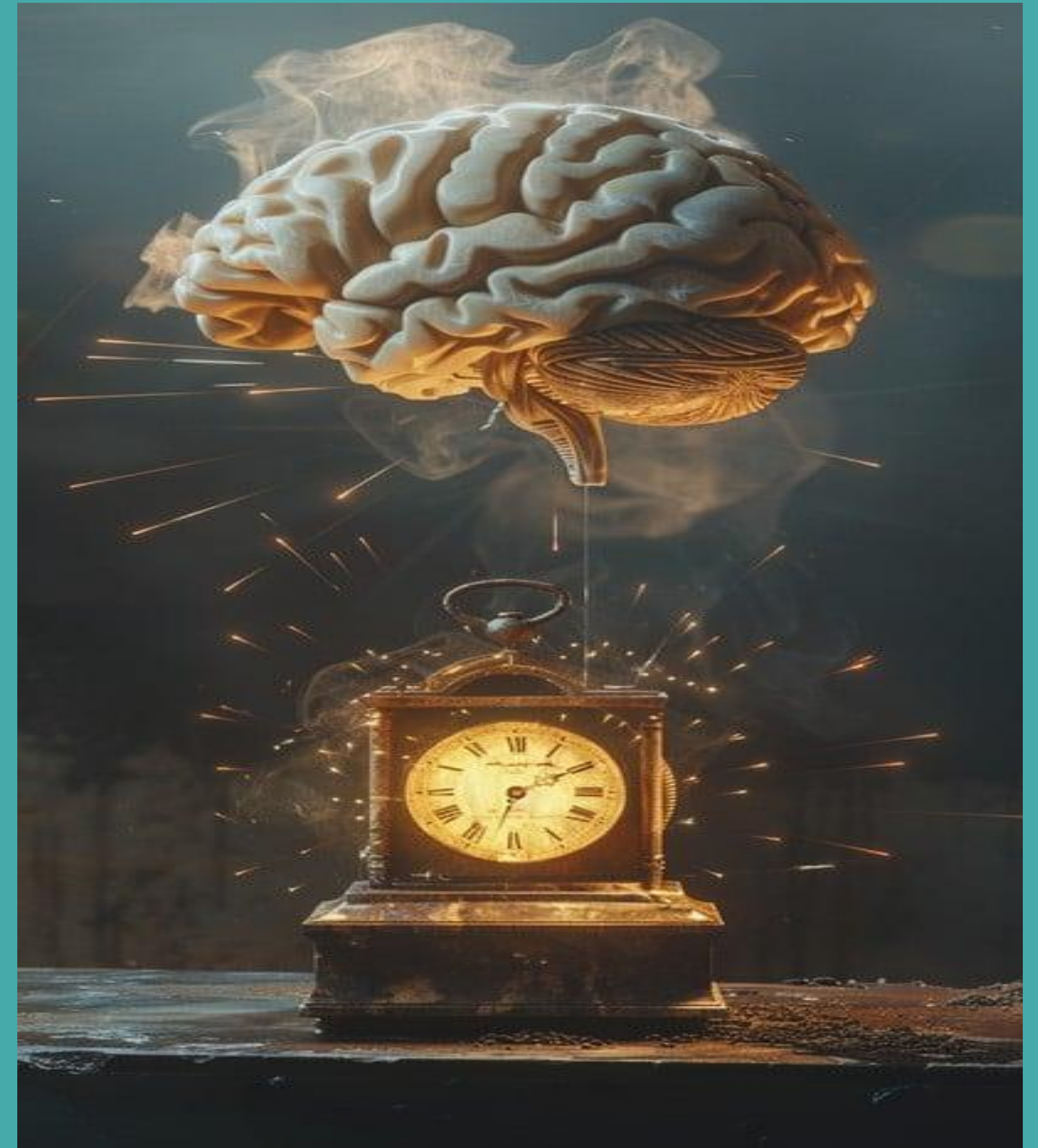
Trauma is not just about what happened — it's also about what stays with you afterwards.

Effects of Trauma on the Brain

Your brain has an alarm system called the **amygdala**.

When you go through trauma:

- The alarm keeps ringing even after the danger is gone.
- You may feel jumpy, anxious, or angry.
- You may avoid certain places or people.
- Your body might react too through headaches, stomach aches, poor sleep.



Effects of Trauma on Behaviour

If months pass and you still:

- Get flashbacks or nightmares
- Feel restless or always alert
- Struggle to trust people
- Have sudden mood swings
- Feel hopeless about the future

...it's a sign you may still be carrying the weight of trauma.



A **safe space** is anywhere you feel heard, respected, and not judged.

It could be:

A trusted friend or family member

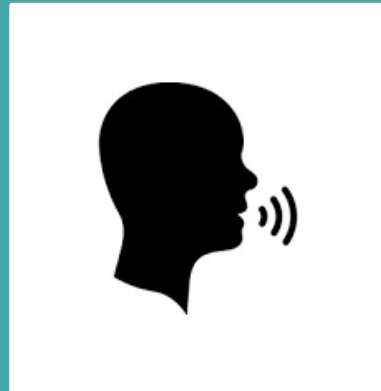
A youth group or support circle

A counselor at a health center

A quiet spot where you feel at peace



Pathways to Recovery.



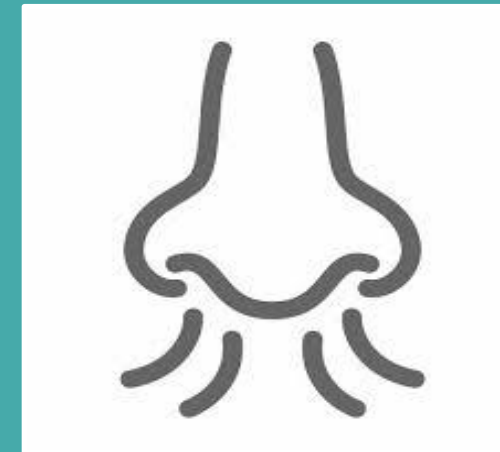
- **Talk about it** — don't keep it bottled inside.



- **Take care of your body** — eat, rest, and move.



- **Stay connected** — don't isolate yourself.



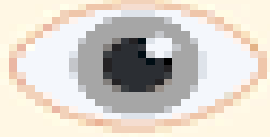




- **Learn grounding skills** — deep breathing, focusing on your senses.



- **Seek professional help** — counselors, health workers, or helplines.

Grounding Technique

5 4 3 2 1 grounding technique

- 5** things you can see 
- 4** things you can feel 
- 3** things you can hear 
- 2** things you can smell 
- 1** thing you can taste 

Grounding Exercise

This brings you back to the present moment.



Conclusion:

Healing is not forgetting.

It's learning to live again without the pain controlling you.

You are stronger than you think.

"Don't carry it alone. Talk. Heal. Grow."

THANK YOU

CONTACTS



Phone No:
+254724468728



Website

<https://www.flourishcounsellingservices.co.ke/>



Email
info@flourishcounsellingservices.co.ke