

# Trauma Impacts All of Us



## NRCDV's Youth Advisory Board introduces the [#TriumphOverTrauma](#) Campaign

Every one of us experiences hardship in our lives. While your pain and grief are uniquely yours, trauma itself is a shared human experience. But resilience is also common. As humans, we are not only built to endure hardship, but to grow from it. Trauma can shape us in profound ways. There are losses, but there are also gains. [Post-traumatic growth](#) is a framework for understanding and appreciating the assets we gained from these experiences.



Together, we survived a global pandemic. Many of us never imagined we would experience anything like it. This experience of collective trauma impacted all of us, and we are still taking lessons from it. If nothing else, this experience helped us understand what it's like to experience and recover from daily, ongoing trauma, and what it means to build resilience both individually and collectively.



National Resource Center  
on Domestic Violence

**Post your story of  
#TriumphOverTrauma  
on social media!**

## CONSIDER...

- WHAT DID YOU GAIN?
- HOW DID IT CHANGE YOU?
- WHAT DID YOU LEARN ABOUT YOURSELF?
- HOW DID YOU TURN THAT STRUGGLE INTO A WIN?
- HOW DID IT CHANGE THE WAY YOU SEE OR MOVE IN THE WORLD?
- WHAT ARE SOME OF YOUR COPING STRATEGIES?
- WHAT WOULD YOU SAY TO OTHERS WHO STRUGGLE TO SEE THEIR OWN STRENGTH IN THE FACE OF TRAUMA?
- WHAT MOTIVATES YOU TO MOVE FORWARD?
- WHO WOULD YOU LIKE TO HONOR OR CELEBRATE?



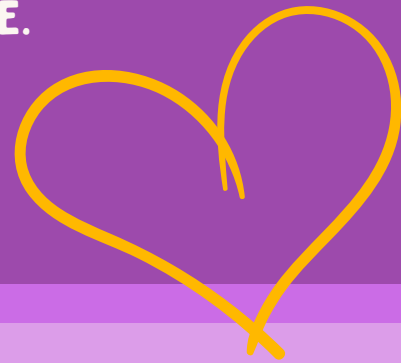
## TIPS FOR SHARING YOUR STORY:

- DISCLOSURE IS NOT NECESSARY TO PARTICIPATE IN THIS CAMPAIGN!
- BE CREATIVE! DO WHAT FEELS RIGHT IN RESPONSE TO THE PROMPT YOU CHOOSE (STORY, POEM, DRAWING, OR SONG)
- THE LENGTH IS UP TO YOU!
- CHECK YOUR LIGHTING AND SOUND TO ENSURE YOUR MESSAGE REALLY COMES THROUGH.
- DON'T FORGET TO TAG YOUR POST WITH **#TRIUMPHOVERTRAUMA**



## AFFIRMATIONS FOR POST-TRAUMATIC GROWTH:

- YOU'RE NOT ALONE.
- IF YOU MADE IT THIS FAR, YOU CAN MAKE IT THROUGH ANYTHING.
- IN THE SAME WAY THE SUN BRINGS LIFE, SO DOES THE RAIN.
- "AFTER A HURRICANE COMES A RAINBOW" – KATY PERRY
- YOU ARE STRONGER THAN YOU REALIZE.
- YOU HAVE THE POWER WITHIN YOU.
- YOU ARE RESILIENT.
- YOU ARE STRONG.



Whatever happened to us, it happened, and we are who we are because of it, not in spite of it. Together, we can embrace, value, and celebrate our survivorship. We invite you to consider and share how you **#TriumphOverTrauma**



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