



ACT!

AGAINST
VIOLENCE
AND SEXUAL
EXPLOITATION

WEBSITE



HOW OUR BRAIN REACTS TO A TRAUMA?

After a trauma, when we remind it, we can experience again the emotions felt during the traumatic event and have memory difficulties.

Why does it happen?

Our **amygdala**, which is the emotional and instinctual center, goes into overdrive, acting just as it would if she was experiencing the trauma for the first time.

The **hippocampus**, which controls memory, has a reduced activity. Our brain can't distinguish between the actual traumatic event and the memory of it.

The **prefrontal cortex**, which is responsible for regulating emotions and impulses, becomes suppressed, so we can become less capable of controlling fear and it can lead to sleep difficulties.

Trauma can cause our brain to remain in a state of hypervigilance, suppressing our memory and impulse control and trapping us in a constant state of strong emotional reactivity.

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