



HELPING WITH BODY FLASHBACKS

Childhood trauma increases the risk of future trauma

Many people experience tactile experiences, that is, a feeling that someone or something is actually touching you. In some cases, this touching can seem to be of a sexual nature and can be extremely distressing.

When childhood trauma is not resolved, this fundamental sense of fear and helplessness carries over into adulthood, setting the stage for further trauma. During an experience of feeling frightened or overwhelmed the person can experience what is known as a body flashback, they experience being touched or they can feel things like spiders crawling on or under their skin. This can occur when you are discussing the past trauma or just after discussing it or if you are under any form of stress.

These experiences are perfectly normal for people who have had severe trauma in their life especially people who have been sexually abused, their bodies are still in a state of trauma and reminding them of unresolved issues in their lives this usually occurs when the person has been sexually or physically abused in childhood.

Ways of helping with body flashbacks

- Keep your sleeping area relaxed and calm. Open the window during the daytime; close it at night to stop you getting cold and if it feels like a relaxed atmosphere you have a better chance of dozing off.
- Stick to a daily routine, with regular times for walking, sleeping, eating, working and exercise. Make sure to schedule time for relaxing and social activities, too.
- Break large jobs into small manageable tasks. Take pleasure from the accomplishment of achieving something, even if it's a small thing.
- Find activities that make you feel better. Keep your mind occupied (reading, cooking playing with a pet) so you're not dedicating all your energy and attention to focusing on the traumatic experience.