

Window of Coping



After experiencing trauma, our window of coping can get smaller. We can get stressed out and panicky like going fishing in choppy waters. We can get angry and make poor decisions. Then we can over-correct and go into a numb "out of it" state. In this state we don't get hurt or worried but we are also not able to function. Like hitting a sand bank and going nowhere. Here it's hard to connect to family, mob and community and we might numb ourselves by using ganja, grog, food, tv.

The aim is to increase our ability to cope.

Stressed Out

Panic, feeling unsafe, angry, racing thoughts, anxiety.

Window of Coping

Coping ok with life's ups and downs.

Numbed Out

Numb, no-feeling or energy, can't think, shut down, ashamed, disconnected, depression.

