



# Post-Traumatic Growth

## What is Post-Traumatic Growth?

Post-Traumatic growth is developed from the experience of post-traumatic stress. It is a result of the cognitive process used to cope with traumatic events. Growth can emerge from personal struggles.

## Changes You Will See In Yourself

- How you view yourself
- How you view your relationship with others
- Your philosophy on life
- Help foster social change with community groups and charities

## Evidence of Post-Traumatic Growth

- An increase in self-confidence
- More focus on enjoying life in the present moment
- An increased acceptance of morality
- A greater appreciation of life
- Increase in feeling more open and concerned for others
- A stronger connection with spirituality and religion
- 30%-70% of survivors of life threatening events say they have experienced positive changes following the traumatic event

**It is in the struggle of suffering that growth may arise.**

## Important Things to Remember

- Life is uncertain and things can change quickly.
- You must be flexible in order to deal with life effectively.
- The choices you make in life have consequences.
- The experience of trauma does not have to be devastating or set you back. You can experience positive changes of one form or another following the traumatic event.
- Be aware of the stories you tell yourself – you have the power to tell new stories that will help you overcome adversity and move forward.
- It is not what happens to us that determines our reactions, but rather the meaning we make of what happens to us.



**We're here when you need us.**

Contact the EAP with 24/7 Access

DEAEAP.com

**800.275.7460**

*This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.*

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