

Taking an active role in how we act

Our behavior is key to how we connect and interact with the rest of the world.

Stress and trauma can trigger problematic behavioral changes such as withdrawal from activities, problems in communication patterns, hypersensitivity to the environment, inability to rest and loss or increase in appetite.

If any of those changes continue to intensify, they could have longer term effects on our overall mental and physical health.

It is important to remember that we have choices such as playing an active role in taking care of ourselves.

However, we may not recognize some behavioral changes on our own. If you know that you are experiencing stress, you may want to ask others how they think you are doing.

Here are some additional ideas to consider when coping with behavioral changes:

- Balance time spent with others with time for yourself
- Limit demands on time and energy
- Help others with tasks
- See a counselor
- Do activities that were previously enjoyable
- Find new activities that are enjoyable and (mildly challenging)
- Set goals, have a plan
- Do things that relax you and bring peaceful feelings