



UNFOCUSED AND FORGETTING THINGS?

I WANT TO BE FULLY HERE AGAIN!

ENGLISH



WELCOME!

It's not easy to go back to normal life after difficult experiences such as violence, either far away or close-by, like in your own family, in war situations or while fleeing. Many things may have changed in your life and sometimes you are not sure about yourself anymore.

EMOTIONAL INJURIES – TRAUMA

We all know injuries of the body: bruises after being hit, burns when our skin has come in touch with something too hot, cuts when something sharp or spiky has hit our skin...

In the same way the body can suffer from injuries, the soul can also be injured. Injuries of the body can be seen. Emotional injuries are invisible and therefore much harder to understand: for the injured person and for others, too. This story is about such an emotional wound. It also offers ideas about what you can try out to feel better again.

Do you sometimes feel your head is so full and you can't concentrate? Or that you don't remember stuff? As you will see later on, you are not alone! We hope you're going to like the story!

GENERAL CONCEPT:

In several stories we talk about problems after emotional injuries - about sleeplessness, anxiety, anger, feeling aggressive or sad, grief, difficulties remembering things and concentrating, distressing memories. We also offer suggestions about what could help.



Kai is 17 years old.

During the day he works in a shop and in the evening, he goes to school.



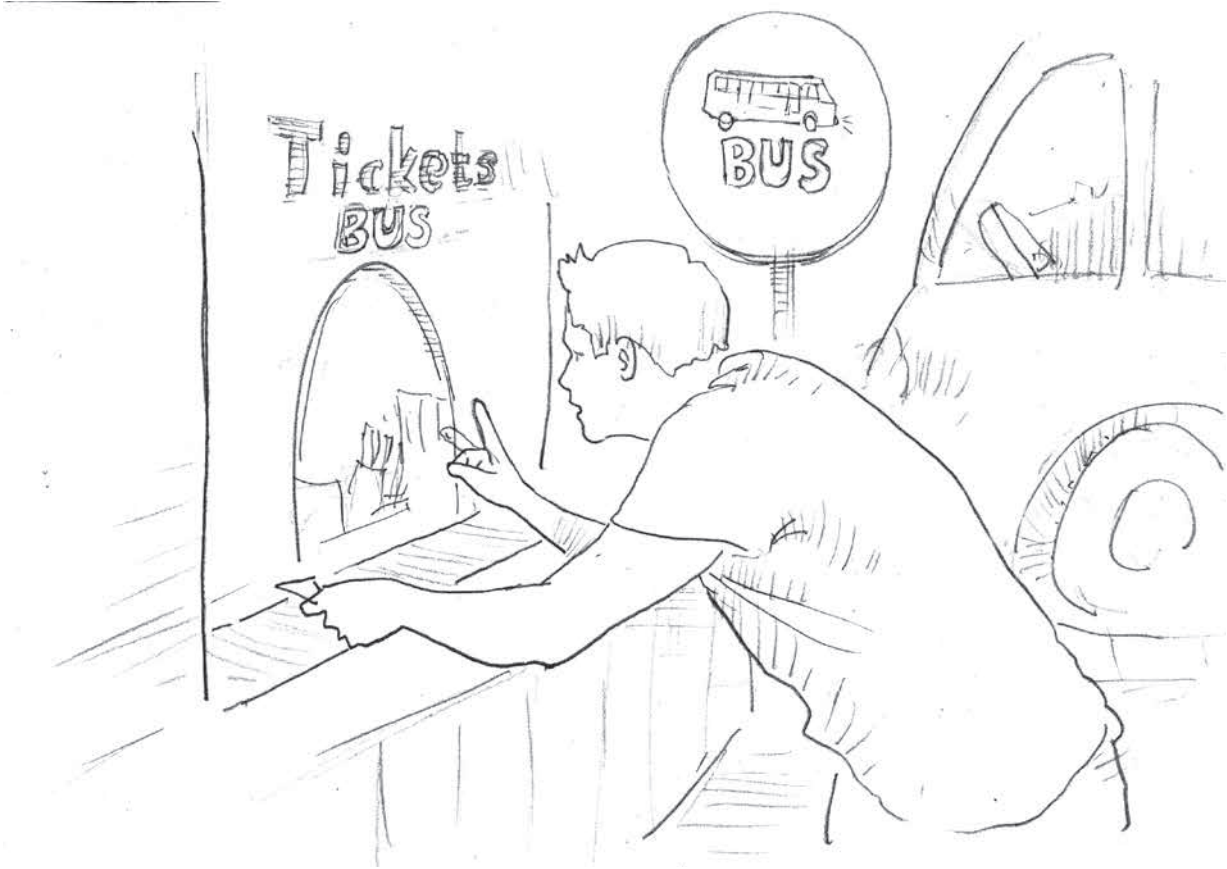
A friend picks up Kai from home.



Kai's shirt is buttoned up the wrong way.







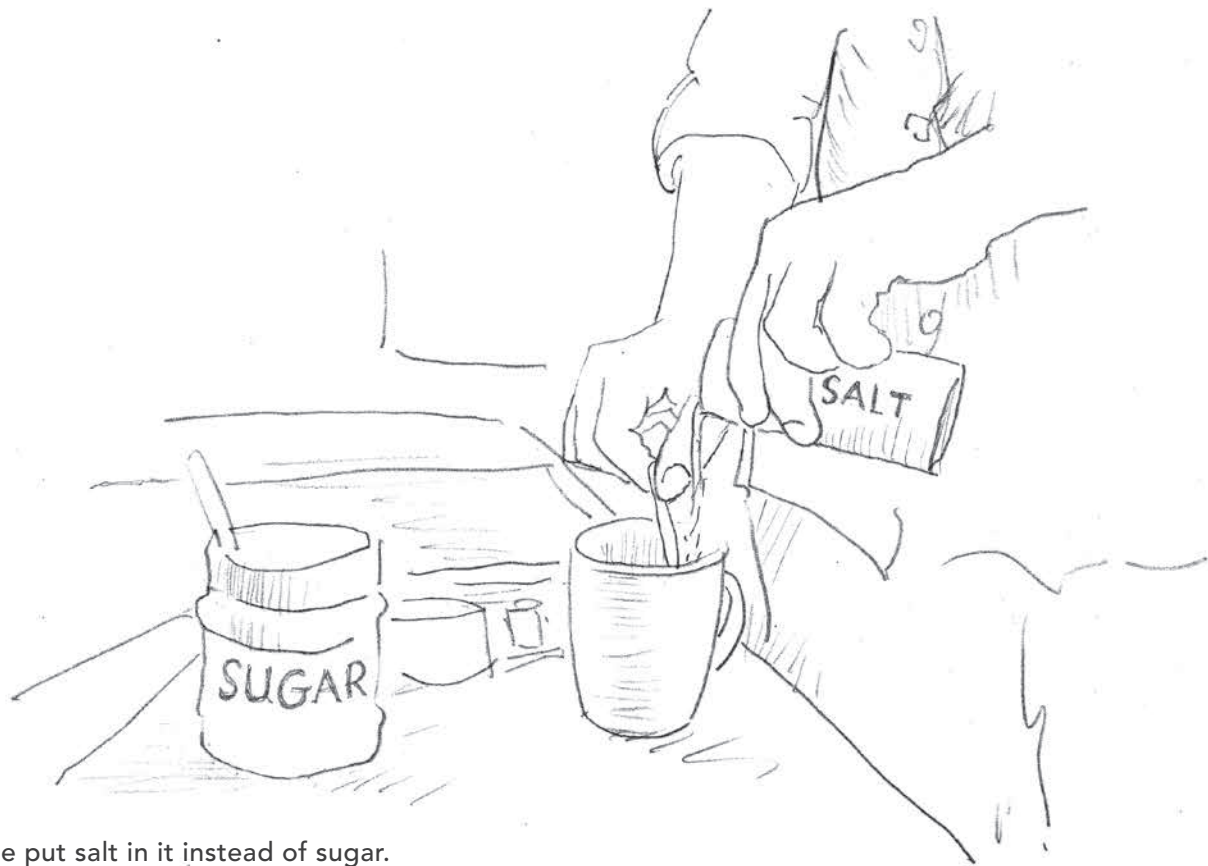


I don't know what's wrong with me.
Often my head feels so full.
Sometimes I can't think at all.
Like yesterday...





Yesterday the boss asked Kai to make some tea.



He put salt in it instead of sugar.





And a few days ago ...







Last week he forgot the food on the stove.


The next day, Kai could not remember what he had studied.





He felt shame.





Salt in the tea... aargh, disgusting.
But 2 different shoes... hahaha, that's funny
somehow. But this is right,
You should really be more careful!

Kai is arriving at work.







Three cups for four people?



Let me talk to him.



I have an idea. Maybe it could help you:
We have a group doing sports.
Would you like to join us?






Kai is practising with the others.



But then ...





I really enjoyed it at the beginning.
But after a while I was somewhere
else with my thoughts.

There is an organisation that helped me.
I'll give you the address.













You are not going to forget what happened. But you can allow yourself that it's not bothering you now. It is part of your past and gone. Even if it makes you sad, what 's important is: The bad times are over.







Kai tries out different possibilities.







One week later...







And I remember what I studied.













Kai's friend picks him up again.





How do doctors, therapists and counsellors help?

Sometimes, you are feeling unwell, without knowing exactly why. In such moments, it is good if someone is there to listen, understand and help. These can be family members and friends. When there are major problems, it is good to see doctors, healers, or so-called psychologists, psychotherapists or psychological counsellors.

Especially after very bad experiences, it can help to talk to therapists, psychologists or psychological counsellors to seek their support. Here, you can talk about things that preoccupy and worry you. But you do not have to if you do not want to, at the moment. Everything you talk about in the sessions will be kept confidential. You can rely on that. They will really listen to you and when you want to express something you do not find the right words for, there are other options, such as painting, playing games, etc. Usually, there are regular appointments for therapy or counselling. If there is not enough time, you can continue in the next session.

On our website, you can find out whether there is such a possibility, close to where you are:

WWW.ACT-N-O-W.COM/TRAUMA-SUPPORT



About this booklet

This booklet was conceived and realised by the NOW Working Group Trauma Surviving, an interdisciplinary and international group of experts in the field of trauma survival:

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The purpose of this publication is to provide young people with an understanding of the impact of traumatic experiences such as difficulties with concentration and memory. To reach as many traumatised young people as possible we are looking for partners interested in distributing this booklet now available in six languages: German, English, Arabic, Farsi/Dari, Kurdish Sorani and Kurdish Kurmancî.

For further information please get in touch with office@act-n-o-w.com.



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