## Impact of Childhood Trauma

### Cognition

- Impaired readiness to learn
- Difficulty problem-solving
- Language delays
- Problems with concentration
- Poor academic achievement

### Brain development

- Smaller brain size
- Less efficient processing
- Impaired stress response
- Changes in gene expression

### Physical health

- Sleep disorders
- Eating disorders
- Poor immune system functioning
- Cardiovascular disease
- Shorter life span

#### Behavior

- Poor self-regulation
- Social withdrawal
- Aggression
- Poor impulse control
- Risk-taking/illegal activity
- Sexual acting out
- Adolescent pregnancy
- Drug and alcohol misuse

# Impact of Childhood

# Trauma

# **Emotions**

- Difficulty controlling emotions
- Trouble recognizing emotions
- Limited coping skills
- Increased sensitivity to stress
- Shame and guilt
- Excessive worry,
- hopelessness
- Feelings of helplessness/lack of self-efficacy

## Mental health

- Depression
- Anxiety
- Negative self-image/low self-esteem
- Posttraumatic Stress Disorder (PTSD)
- Suicidality

## Relationships

- Attachment problems/ disorders
- Poor understanding of social interactions
- Difficulty forming relationships with peers
- Problems in romantic relationships
- Intergenerational cycles of abuse and neglect

\*Matthew Lynch. "The Impact of Childhood Trauma" theedadvocate.org/the-impact-of-childhood-trauma/