

# THE BODY KEEPS THE SCORE

## **Dissociation**

Unable to be your true self and zoning out by disconnecting

## **Muscle tension**

Your muscles in your body stiffen and are unable to relax

## **Digestive issues**

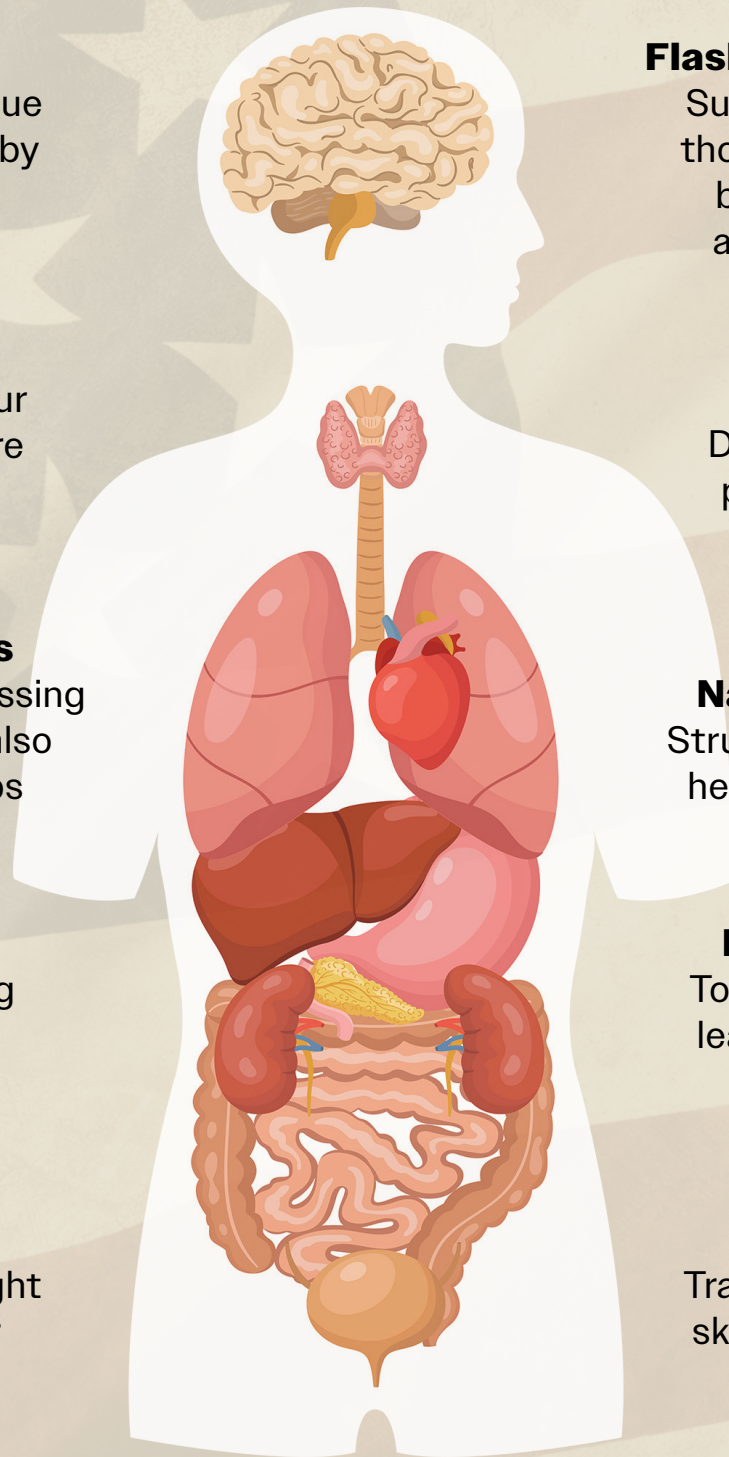
Difficulties with processing foods in your body, also dealing with cramps

## **Sweating**

Profusely sweating during sleep and having memories

## **Body size**

Fluctuations in weight sometimes occur



## **Flashbacks/Headaches**

Sudden memories and thoughts can bring you back to the trauma and hurt your head.

## **Chronic pain**

Dealing with several parts of your body that hurt

## **Nausea & cravings**

Struggling with food and healthy consumptions

## **Immune system**

Too much cortisol can lead to a deregulated immune system

## **Skin problems**

Trauma can lead to dry skin, eczema, and hair falling out