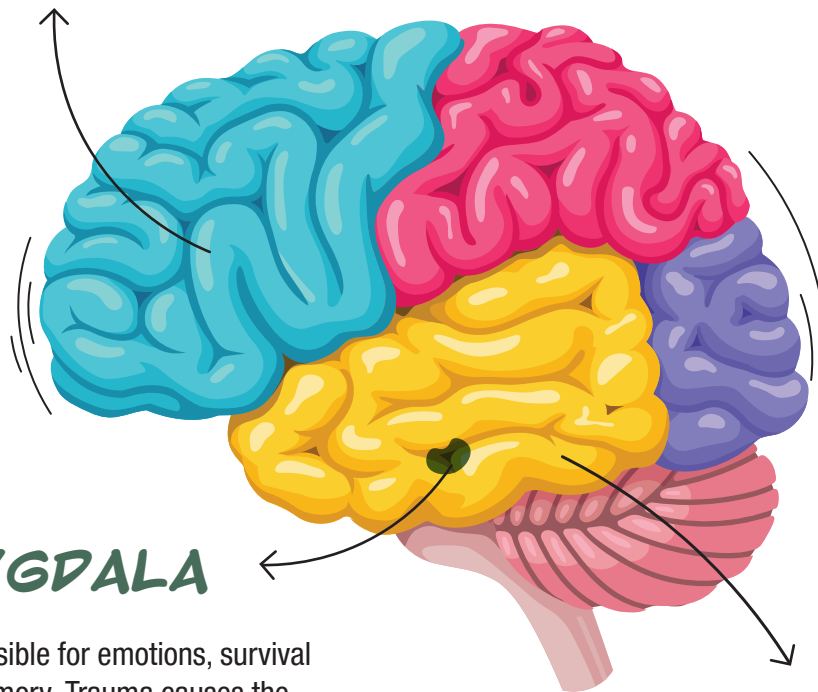


How Trauma Affects The Brain

PREFRONTAL CORTEX

Function: Regulates emotions, executive functions, and rational thinking. After trauma, your prefrontal cortex may have a hard time regulating emotions, like fear. It may cause difficulties with executive functioning (such as memory, flexible thinking, planning, completing tasks, and self-control) and impact one's ability to think rationally and make decisions.



AMYGDALA

Function: Responsible for emotions, survival instincts and memory. Trauma causes the amygdala to become hyperactive. This can lead to heightened fear, stress and irritation. It can also make it harder to calm down and rest.

HIPPOCAMPUS

Function: Assists with learning, memory and differentiating the past from present. Trauma may make it difficult to recall memories, while causing other memories to become vivid or recurring.

Adapted from mentalhealthcenterkids.com



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