

## **When Trauma Happens, Love Heals**

Children who go through traumatic experiences have worse health outcomes when they are adults. Examples of trauma include abuse and neglect, but also living in a community where violence regularly occurs, not being sure where your next meal is coming from, experiencing bullying, being in foster care or having a parent with a mental illness or who is in prison.

Research consistently shows that in all communities, regardless of socioeconomic status, at least two thirds of adults have had at least one of these experiences. When you add in the stress carried by our veterans or the daily grinding reality of experiences of discrimination and racism, it is no exaggeration to say that we are a traumatized nation.

But we also know that not everyone who experiences trauma has long-term health issues. Research shows that simple acts of kindness and caring can heal our brains, bodies and spirits and even protect us from stress. Loving kindness, trust-worthy relationships, a sense of meaning and purpose, rhythm and ritual actually help to re-wire our brains and ease the release of toxic hormones that can create chronic disease.

Fostering healing and protecting our children from the effects of violence, abuse, neglect and other traumas can be quite simple. As people of faith, the things that we do together in our congregations to practice love and human kindness and to share the rich wisdom of our faith traditions can literally heal the body.

*Prayer: Healing God, help us live out the simple acts of love and care that can heal and transform lives.*

Wishing you joy and good health,  
Mary Bohlen RN  
SJParishNurse@comcast.net

*Blood pressure readings have resumed. See us in the Infant & Toddler Room in the rear of church on the 1<sup>st</sup> and 3<sup>rd</sup> full weekends of every month September – May.*

*The service is free of charge and currently is limited to those Masses that have a volunteer to perform readings. If you are trained in taking blood pressures and would like to offer your services, please contact Mary Bohlen using the e-mail address listed above - we'd love to have you on the team!*