

MENTAL HEALTH MONDAY'S

INTERGENERATIONAL TRAUMA...IT STOPS HERE

Intergenerational Trauma

Effects and how to heal



WHAT IS INTERGENERATIONAL TRAUMA?

- Also known as transgenerational trauma, refers to the idea that trauma can be passed down from generation to generation.



- Examples originate from shared experiences such as **war, genocide, colonialism, and racial enslavement**. These experiences are plentiful in the **Tigray** community where many of us have inherited significant amounts of trauma.

CAUSES OF INTERGENERATIONAL TRAUMA

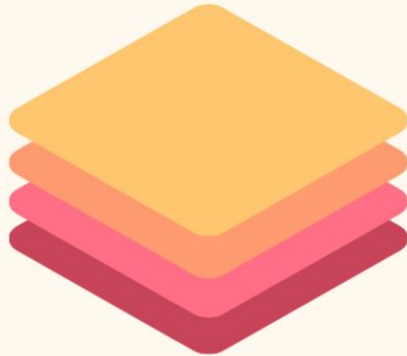
- According to science, trauma can **literally alter DNA**- intense stress in a parent causes epigenetic (changes in an organism) changes that affect the health of their future children.
- Intergenerational Trauma can also be acquired through **learned behavior**. Parents from these households often operate in "**survival mode**." This includes high levels of anxiety, depression, and toxic behaviors.



INTERGENERATIONAL TRAUMA

CAN NEGATIVELY IMPACT FAMILIES AS A RESULT OF...

- ◆ Unprocessed emotions and thoughts about a traumatic event
- ◆ Dysfunctional parent-child relationships & emotional attachment
- ◆ Untreated or poorly treated mental illness or substance abuse
- ◆ Harmful cyclical patterns of behavior and beliefs about parenting
- ◆ Compounded and unacknowledged race-based traumatic stress
- ◆ Normalized unhealthy behaviors between family members



"I now recognize that it is not only intergenerational trauma that defines my ancestry; my bloodlines know intergenerational resilience as well. **It is with this resilience that I choose to move forward, disrupting the patterns of trauma as a future ancestor.**"

LARISSA CRAWFORD



"When we heal ourselves, we heal the next generation that follows. Pain is passed through the family line until someone is ready to feel it, heal it and let it go."

It's up to you to change 'generational narratives':
When they tell you, this "runs in the family",
You tell them, "This is where it runs the f*#k out."

Feeling the need to be busy all the time is a trauma response and fear-based distraction from what you'd be forced to acknowledge and feel if you slowed down.



If we carry intergenerational trauma (and we do), then we also carry *intergenerational wisdom*. It's in our genes and in our DNA.

—
KAZU HAGA

WAYS TO TAKE CARE DURING INTERGENERATIONAL TRAUMA

- Believe that the internal chaos can end with you
- Start to disrupt your repeated trauma response patterns
- Design a future that moves you further away from trauma
- Take action against the injustices that maintain your trauma
- Imagine the deepest, purest love, then deposit that love into yourself