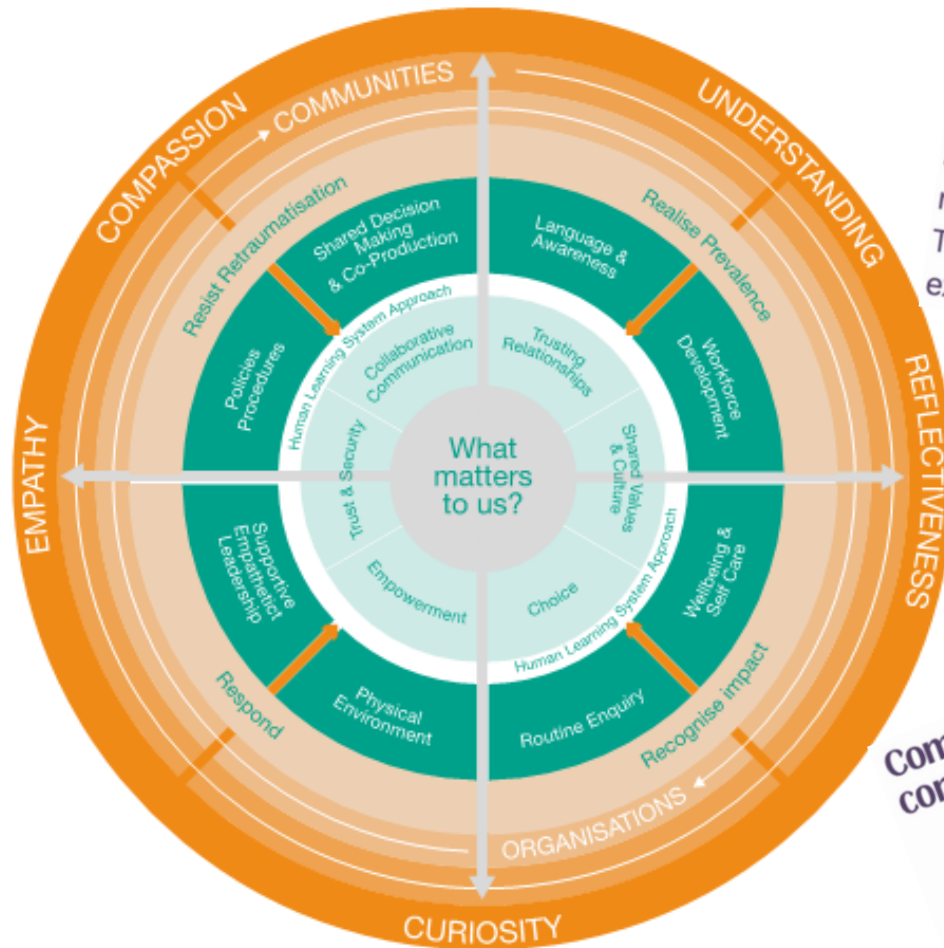


SAFER STRONGER SYSTEMS



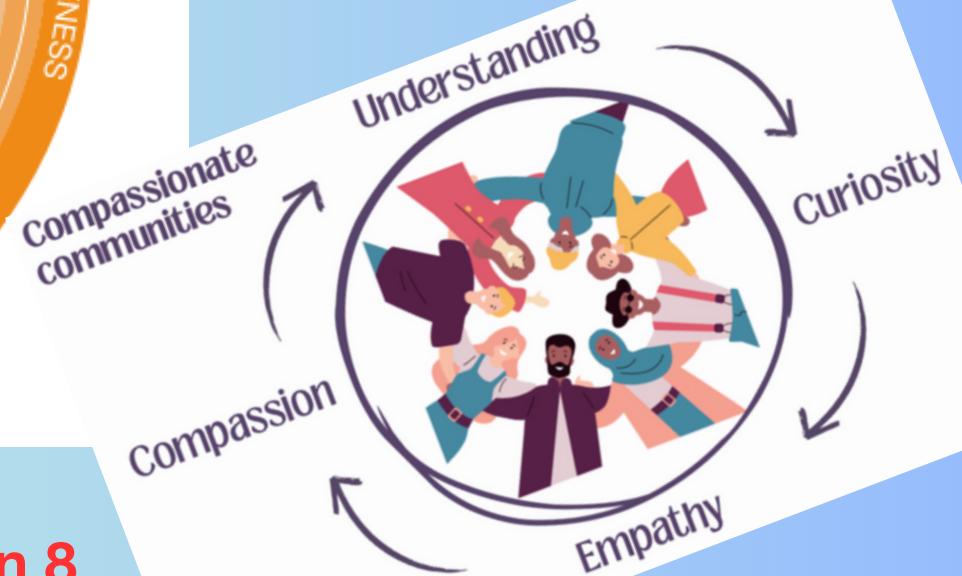
Session Recording: [T.I. L&L Session 8 "Compassionate Communities"](#)

Cornwall Trauma Informed Systems Approach



Definitions of trauma Community Action Group

Most people will experience a negative event or circumstance in their lives. This may be a one off event or an ongoing situation. This may be scary, distressing, frightening and difficult to cope with. This may result in limits on mental, physical, social, emotional or spiritual wellbeing. Trauma is personal to every individual and no two experiences will be exactly the same.



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["Compassionate Communities"](#)

Know your power...

"Show more compassion to others,
and to myself."

"I found the informed
language useful so will think
before I speak general to
people but especially if I
believe they have suffered
trauma."

"It's been a great opportunity
to understand other people's
views on trauma."

"More aware and
confident to have
conversations with
people".

"I feel better informed
about how trauma
affects all people
differently!"

"Big up compassion!!
Encourage people to
see behaviour as
communication."

"Having greater
understanding of
taking an empathetic
approach to
understanding people
lived experience.
Having open
conversations with
colleagues, peers,
friends and family!"

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["Compassionate Communities"](#)