



## Trauma Is Not the Same as Feeling Traumatized

This resource is for both of you.

TABS, the common acronym for Trauma and Birth Stress, can include having had a traumatic birth experience as well as the experience of postnatal depression that may follow a traumatic or non-traumatic birth. Unfortunately, this syndrome has become more common, or at least more recognized/reported.

All of us can remember traumatic experiences, and most of them do not leave us traumatized. Only some do. In the same way, there are many families whose birth stories are tragic, yet the physical or emotional trauma does not linger in their lives. TABS only becomes an issue when the person or people involved feel traumatized and the process of healing does not take place within a reasonable amount of time.

Grieving, being angry, feeling incomplete, confused, depressed, and hopeless are all valid emotional expressions when working through traumatic situations. But they become a concern when they aren't resolved. The purpose of this specific resource is to pass on what Pink Kit families have discovered, both the reasons for their traumatic experience and the steps they took to heal.

There are many books that can help you through your healing process from TABS. Read some, and do the work suggested. Also, please work with health professionals in both conventional and natural health. In fact, do everything you can to heal. Use your faith and family to find a way forward. Do not settle for having a life of bitterness, fear, anger, or depression from a birthing experience.

Your Pink Kit is one resource that has been used successfully by thousands of families who experienced diverse types of birth trauma.