
A PLACE FOR MY HEAD TRAUMA

Thanks to Tony for helping with this one

A post-trauma reaction can happen after one or multiple difficult things occur in someone's life. Reminders of the event(s) can be 'triggering' and cause both overwhelming feelings and re-living the experience. Responses to trauma can be like: A fight/flight response (kicking in to action), broken/mixed up processing, overwhelming, triggering, regular increased anxiety (alert all the time), dissociation.

WHAT HELPS?

Music (different types) helps me to stay calm, metal grounds me, I seek things out that say things for me (say things on my behalf that I can't say), I can partly compartmentalise trauma through music

Other things that might help: art, movies and video games, rock stars that speak the truth including their own experiences, self-help websites, talking therapies, grounding and physical exercise.

METAL SONGS ABOUT TRAUMA

Nine Inch Nails - The downward spiral
(album)

I Prevail – Trauma (album)

King 810 - Alpha and Omega, Fat
Around the Heart, Hellhounds

Korn – Daddy

Nine-inch nails – the becoming

Slipknot - most songs

HMT playlist –
heavymetaltherapy.co.uk/trauma

RESOURCES FOR TRAUMA

The HMT website has 2 stories about overcoming trauma – Paul and Robert at
heavymetaltherapy.co.uk/stories

Jacqui Dillon has a good list of trauma support organisations and information on her
website <http://www.jacquidillon.org/resources/trauma/>

A range of links to MH resources at heavymetaltherapy.co.uk/links
Further Help with Trauma

If you are in the UK and are struggling with trauma symptoms, and think you need support from mental health services you can seek a referral via your GP or seek advice via NHS 111

**FOR MORE INFORMATION, PLEASE VISIT:
WWW.HEAVYMETALTHERAPY.CO.UK**