



TOGETHER WE THRIVE

Continuum Help Foundation

June 2025 Newsletter

Empowering Lives, Building Communities

PTSD Awareness Month



Post-Traumatic Stress Disorder isn't confined to combat. Medical trauma, bullying, and long hospital stays can hard-wire the nervous system to stay on red alert. Common symptoms include intrusive memories, startled reactions, nightmares, and emotional numbness. Hope is real: trauma-focused CBT, EMDR eye-movement therapy, and somatic grounding retrain the brain to recognize safety. Download the National Center for PTSD's free "Understanding PTSD" booklet, then use Psychology Today's "Find a Trauma Therapist" filter to locate certified help. If flashbacks intensify, dial 988 and press 1 for specialized support available 24/7 text and ASL video lines included. Remember, PTSD is treatable; millions recover and thrive when given consistent evidence-based care, stable housing, and communities that acknowledge invisible wounds. Your story is valid, and help is closer than you think.

Biology of Trauma



Chronic trauma enlarges the amygdala and shrinks the hippocampus, so harmless noises feel dangerous and memories blur. Yet brains remain plastic. Slow diaphragmatic breathing stimulates the vagus nerve, trimming cortisol in two minutes. A 2024 JAMA meta-analysis shows EMDR cuts amygdala reactivity about thirty percent in twelve weeks. Regular aerobic movement boosts brain-derived neurotrophic factor, fertilizing new neural links. Print the Center for Youth Wellness infographic "Trauma & the Brain" and share it with your care team; knowing the biology turns frightening reactions into solvable puzzles. The infographic also outlines how proper sleep and balanced nutrition restore

neurotransmitter supplies. Share it with teachers, supervisors, or loved ones who misinterpret hyper-vigilance as rudeness; translating biology into simple visuals builds empathy and opens doors to reasonable accommodations.

7-Day Grounding Sprint



Practice one grounding skill each day: ① cold-water wrist splash, ② box-breathing 4-4-4-4, ③ 5-4-3-2-1 sensory scan, ④ mindful raisin chew, ⑤ weighted-blanket pause, ⑥ calming vanilla scent, ⑦ name five body sensations without judgment. Use our large-print, screen-reader-tagged checklist to track progress. Finish the week by circling the two fastest techniques and adding them to a wallet card. Tiny, daily

drills wire calm into muscle memory, ready for future spikes. End each day by noting which exercise calmed you fastest and rating anxiety from one to ten. Scientific journals show seven consecutive days of deliberate grounding reduce cortisol and improve sleep quality by the second week, even without medication. Invite a friend to join; accountability boosts follow-through by forty percent.

Spotlight on Black Veterans



Studies show Black veterans report higher PTSD symptoms yet receive fewer evidence-based sessions. Sergeant Amina

explains how the VA's new tele-mental-health clinic led by Black psychologists halved her nightmares and restored sleep. Resources: VA "BIPOC Mental Health Pathways" videos, the Black Veterans Project peer forum, and Coralite, a free meditation app featuring diverse voices. Representation shortens treatment delays and builds trust. Her story underscores why provider diversity matters. When veterans see clinicians who share cultural context, disclosure rises and dropout rates fall. Explore the Black Veterans Project's digital story archive to hear first-person accounts, then join their monthly Zoom peer group. If you are a provider, bookmark the VA's 12-page cultural competence checklist to refine your practice.

Trauma-Informed Family Support



Swap "Just relax" for "What feels safe right now?" Keep routines predictable, soften lighting, and offer a quiet corner stocked with fidgets, blankets, and noise-canceling

headphones. Download the National Child Traumatic Stress Network's caregiver sheet plus its calming-jar craft. Stability and sensory comfort give recovering brains the steady cues they need. Practice co-regulation: breathe slowly together, tap the rhythm of a favorite song, or trace safe words on the back. Keep crisis lines visible on the fridge. Celebrate small victories a full night's sleep, a completed appointment to reinforce progress and remind everyone healing is possible. Use a shared journal to capture triggers and soothing wins; patterns will guide future care plans and foster teamwork.

Resource Corner

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