

How does trauma affect emotional health?

Trauma can have a profound impact on emotional health, affecting every aspect of a person's life. Emotional trauma is the result of experiencing an event or series of events that are emotionally disturbing and overwhelming, often leaving deep scars that can last for years.

When someone experiences trauma, it can impact their ability to regulate emotions, leading to feelings of anxiety, depression and stress. Trauma survivors may also struggle with relationships, as they find it challenging to trust others after being betrayed by those closest to them.

Another way in which trauma affects emotional health is through physical symptoms such as headaches, muscle tension and fatigue. Some people may experience nightmares or flashbacks from traumatic events that make it difficult for them to function normally in daily life.

The effects of trauma on emotional health are complex and varied. For some people, therapy and other forms of support can help them recover from their traumatic experiences and regain a sense of control over their lives. However, others may continue to struggle with the long-term impacts of trauma even after seeking treatment.

Authenticity in emotional health

Authenticity in emotional health is all about being true to ourselves and our emotions. It means acknowledging our feelings, thoughts, and beliefs without fear of judgement or rejection from others. When we are authentic, we can express ourselves honestly and openly.

In today's society, there seems to be a pressure to conform to certain standards of behaviour and thinking. This can result in individuals feeling the need to suppress their emotions or put up a facade that they believe is expected of them. However, this only leads to further emotional turmoil.

Being authentic allows us to connect with others on a deeper level as it gives them permission to do the same. It enables us to form genuine relationships based on mutual understanding and respect.

It takes courage and vulnerability to be authentic, but the benefits it brings are worth it. Authenticity promotes self-awareness and growth as we confront our fears and vulnerabilities head-on.

Creating an environment where authenticity is encouraged starts with each one of us making an effort towards emotional intelligence. We must learn how our emotions work, so that we can identify what is needed for healing when something significant happens in life.

To sum it up: authenticity requires self-reflection which leads us closer toward inner peace by recognising that hurting people have been raised into hurting environments - meaning that while trauma might vary between individuals greatly

- there is some commonality within its creation amongst humans called "the myth of normal".

The benefits of authenticity in emotional health

Authenticity is a crucial aspect of emotional health that can bring about various benefits. Firstly, authenticity helps individuals to connect better with themselves and others by allowing them to express their true feelings and thoughts without fear or shame. This connection can lead to improved relationships with loved ones, co-workers, and friends.

Additionally, being authentic allows individuals to release pent-up emotions and experience greater inner peace. They are more likely to experience less stress and anxiety when they speak the truth, instead of bottling up negative emotions inside.

Being genuine also enables one to live a life that is consistent with one's values and beliefs, which often leads to greater satisfaction in everyday activities, as well as overall self-confidence.

Embracing authenticity not only promotes stronger connections but also brings personal growth through living an honest life based on individuality rather than societal expectations.

How to achieve authenticity in emotional health

Achieving authenticity in emotional health can be a challenging and ongoing journey. It involves learning to be true to yourself, your emotions, and your experiences. Here are some tips on how to achieve authenticity in emotional health:

1. Be honest with yourself - one of the first steps towards achieving authenticity is being honest with yourself about your thoughts, feelings, and experiences.
2. Practice self-reflection - take time each day to reflect on your emotions and what may be causing them. This will help you gain a deeper understanding of yourself.
3. Identify unhealthy patterns - recognise patterns that may be holding you back from living authentically, such as negative self-talk or avoiding uncomfortable situations.
4. Express yourself - find healthy ways to express your emotions, whether through journaling, talking with trusted friends/family members, or seeking professional support, if needed.
5. Embrace vulnerability - being vulnerable can be scary but it allows for genuine connections with others which fosters authentic relationships.
6. Learn from mistakes - no one is perfect, but learning from mistakes can help us grow and become more authentic by acknowledging our flaws and taking responsibility for our actions.

Remember that achieving authenticity takes time, practice and patience, but the rewards of living an authentic life are immeasurable.

How Kinesiology can help

[Dr. Gabor Mate](#)'s concept of the "myth of normal" highlights the importance of understanding that what may seem normal or acceptable in society may not be healthy for us individually.

Kinesiology provides a unique approach to healing by addressing imbalances within the body that are caused by unresolved emotions.

There is no one-size-fits-all approach when it comes to healing from trauma or achieving authenticity in emotional health. It takes time, patience, and self-compassion. But with dedication and effort, we all have the potential to live happier and healthier lives, free from the limitations imposed by past traumas.

Recommended Books by Dr. Gabor Mate:

[When the Body Says No: The Cost of Hidden Stress](#)

[The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture](#)

[In the Realm of Hungry Ghosts: Close Encounters with Addiction](#)

Karin Marianne Lang

Using powerful tools of **Applied Kinesiology**, **The Emotion Code®** and **Energy Healing**, [Karin Marianne Lang](#) can help clients to overcome health and wellbeing issues which are holding them back from fully experiencing their life joyfully, in abundance and health.

For General Enquiries and To Book Appointments, please use this [Contact Form](#)

Or, you can call Karin on: **01353 658505** | WhatsApp on: **0784 786 3018**

Session Information

To start with, you can book a **FREE** initial 30-minute Consultation.

Most Sessions can be in person or over Zoom.