

Episode Description:

### **Part I**

This video is a voiceover and the first in a two-part series on the connection between trauma and chronic illness. When you complete this video, check out Part II of this series that will drop two weeks after this one. While this is a complex topic, we keep it basic, discussing how our ACEs score, or Adverse Childhood Conditions can impact our physical health. By showing the connection between sustained stress and trauma on the body, and how this can contribute to mental illness, you start to see the connection between trauma and chronic illness. In the second part, we discuss ways to lessen this impact and connection and ways to heal both trauma and chronic illness and advocate for yourself.

### **Sources**

[How Trauma Affects Our Health](#) at University of California and San Francisco *Center to Advance Trauma Informed Care*

[Adverse Childhood Experiences and Chronic Illness](#) by Veronique Mead in *Chronic Illness Trauma Studies*

[Are Childhood Trauma and Chronic Illness Connected?](#) By Kirsten Shultz in *Healthline*

### **Part II**

This video is a voiceover and the second in a two-part series on the connection between trauma and chronic illness. If you haven't watched "The Connection Between Trauma and Chronic Illness Part I," please go back and watch this first since it's the first in the series and sets the foundation for this video. In this part of the series, we discuss ways to approach chronic illness if you face the daily challenges of living with one, particularly if it's related to trauma. We then discuss coping strategies to improve your health, lifestyle choices that can help move your illness in the right direction, and ways you can advocate for yourself both in regards to your mental and physical health.

### **Sources**

22 Encouraging Tips for Healing Chronic Illness from a Trauma Perspective by Veronique Mead in *Chronic Illness Trauma Studies*

[How to Heal When You Have Childhood Trauma Related to Your Chronic Illness](#) in *Creative Arts Therapy Source*

[Be Your Own Healthcare Advocate](#) by in *WebMD* by Susan Bernstein

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