

MOD 5.1 Defining and Understanding Trauma and Adversity



TAKE IT DEEPER: Our Identity with Trauma and Adversity

Think about the following aspects of your identity and how they impact the way you engage with this content.

Your background. What are the ways your upbringing or culture might influence how you think about or respond to topics such as trauma, adversity, and mental health?

Your inner voice. What stories or narratives do you tell yourself about mental health and trauma? Are those stories serving you, your family, and your students?

Your experience. As someone who experienced a global pandemic, you learned how to navigate a sense of collective trauma. What strategies and knowledge do you have now that you can share with others?

Your role models. Do you have a mentor or someone you admire who has suffered trauma or mental health challenges and has shown resilience or channeled their experiences into something constructive?