



## **Words From The Wise, Quote of The Week**

*“A note to anyone who needs to hear it; we don’t get over or move on from our trauma. We are forced to make space for it. We carry it. And sometimes, we thrive in spite of it.” -Unknown*

I agree with this quote 100%. I believe that trauma is real, and everyone should take it serious. Especially PTSD (post-traumatic stress disorder). When I was young and naïve, I used to laugh when people talked about trauma or PTSD. I never realized how serious it was until I noticed I show various symptoms of it.

Growing up in the city, everyone is subject to develop trauma just by being outside. A traumatic experience kids often face growing up in public housing are getting shot at, witnessing someone get murdered, having to fight to survive and to be able to come outside. These are all examples of what can cause PTSD.

-JW

*From The Beat: Thank you for choosing to address this very real quote. As you said so eloquently, trauma is often delegitimized or brush off both by people how have PTSD and by people who do not understand the complexities of trauma. It is wonderful that you have this understanding and compassion within you.*