

Trauma Triggers & Upcoming Events in Chicago: What to Know

What is the Fourth of July?

- A U.S federal holiday on July 4th when many people don't work
- Considered United States' Independence Day



What will you see?



What will you hear?

Loud explosions throughout the weekend and into the week. Many people set off fireworks illegally, so you will likely hear them all over

What is the Air & Water Show?

- Plane and Boat show on August 17th and 18th
- Pilots, parachute jumps, and jets flying by the lake front for entertainment



What will you see?



What will you hear?

Loud fighter jets beginning the week before the event and through the weekend

How may this effect me?

Loud noises like fireworks and planes can remind people of bad memories from the past (this is known as a trigger)

Possible physical reactions:

- Racing heartbeat and shortness of breath
- Tunnel vision (not being able to see or hear anything else)
- Aches and pains in your body

Possible emotional reactions:

- Confusion and fear
- Anger, irritability, and mood swings
- Distressing memories or dreams

Know you are not alone:

- Talk to friends and family so they can support you
- If you have bad memories, remind yourself you are not in the past by focusing on your current environment and take deep breaths to slow your heart rate
- If these memories continue, talk to Wellness Program staff at RefugeeOne