

How to Overcome Adverse Childhood Experiences (ACEs)

Childhood memories can mean different things for everyone.

Some people had childhoods filled with happy memories.

For others, it was a mix of good and not so good.

But some children experienced trauma or other stressful situations.

When those things happen, they're sometimes called adverse childhood experiences, or ACEs.

These hardships can include many different situations.

And they can have a lasting effect on that person's sense of safety or stability.

Unfortunately, those experiences can also impact that person's health.

Keep in mind that we all process events in different ways.

For example, a parent's divorce may be very traumatic for one person, and the effects of that experience could stay with them into their adulthood.

But for another person, it might not have a strong impact.

What's important to remember is that there is no right or wrong way to feel about the things you experienced.

Now, this video isn't about what to do during an emergency or crisis.

It's for people who experienced something traumatic in the past.

If you are experiencing a crisis right now, get help right away.

Talk to your family doctor or a therapist to get help and keep yourself safe.

You can also call the Suicide and Crisis Lifeline at 988.

In Canada, resources include Talk Suicide Canada.

That number is 1-833-456-4566.

People who have been through many adverse experiences in their childhoods tend to have more physical and mental health problems than people with little or no adversity.

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Having these experiences doesn't mean you are certain to have problems.

It just means your risk for those things is higher.

Telling your doctor about any experiences you had can help them understand your risk for certain health issues.

So if you have experienced trauma as a child, it's important that you get help because there's help for you out there.

And if you do get help, it may help you feel better.

Having adversity in your past doesn't mean that you're broken or that you're stuck with any problems you may have now and going forward.

It just means you may need help to overcome the effects of those stressful experiences.

And it's never too late to get the help you need.

When adults don't heal from those past experiences, they are more likely to pass on those negative effects to their own families.

But you can break that cycle by getting help now.

Here are some things you can do that may help you overcome the experiences from your past.

First, find a therapist.

If you can, find a therapist who has experience working with other people who had hardships as children.

Next, be kind and nurturing to yourself.

Avoid using alcohol or drugs in harmful ways.

Get help if you think you have a substance use disorder.

Take care of yourself in other ways too.

This can include getting plenty of sleep, staying active, and eating a variety of healthy foods.

Taking care of yourself is an important part of your mental well-being.

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These may seem like little things, but they can make a big difference in how you feel.

Even if you do all of these things, you may still need to get more help and support.

Your community may have other resources to help you.

Ask your therapist or doctor about resources in your area.

Remember, it's never too late to make changes that can help you overcome the impact of painful past experiences.

It can be hard to face those memories.

But the sooner you take those steps, the sooner healing can start.