

Trauma And Stress: The Effects of Trauma and Stress on our Psychological Well-Being

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ABSTRACT: Understanding the effects of various adverse events that individuals are likely to encounter throughout their lives on their psychological health in a more in-depth and comprehensive manner can be said to be of fundamental and critical importance for the general well-being of society. Trauma and stress are widely accepted as experiences that create unexpected and intense emotional burdens, and these elements occupy a very important position among the factors that test individuals' psychological resilience. These processes can challenge individuals' mental balance and inner strength, while also testing their adaptive abilities in a probing manner, which can sometimes lead to negative and destructive outcomes. As for the definition of trauma, it is generally accepted as events that pose a serious threat or harm to a person's life, while stress is a broad concept encompassing all psychological and biological responses to such events. Both phenomena play a major role by creating direct and indirect effects on individuals' quality of life and mental health. In this context, the concept of psychological resilience clearly summarises individuals' ability to cope, recover, and adapt to challenging and stressful situations. Advanced psychological resilience not only increases the capacity to resist negative experiences such as trauma and stress but also strengthens the ability to undergo healthier recovery processes.

KEYWORD: Trauma-stress connection, factors contributing to stress formation, emotional burdens, threatening events, quality of life and mental health, advanced psychological resilience, healthy recovery processes

INTRODUCTION

Traumas and stress factors encountered in human life can produce significant and noteworthy consequences not only at the individual level but also at the societal level. This situation creates a deep and complex fabric that affects individuals' quality of life; therefore, a more in-depth, detailed, and comprehensive understanding of the dynamics and effects of these phenomena is of great importance. The reason for this is that it creates a critical need in terms of managing trauma and stress situations and developing remedial interventions for these processes. The multidimensional effects of trauma are often seen to have a wide range of effects not only on the individual's mental health but also on social relationships, working life, social integration, and different layers of the general social structure. This situation demonstrates that the difficulties individuals face must be addressed not only at an individual level but also at a societal level. The introduction will provide a comprehensive and detailed overview of the fundamental structure of the concepts of trauma and stress, the factors affecting individuals' psychological resilience, and the general relationship of these processes to psychological health. In this context, theoretical perspectives and practical approaches to the nature of trauma will be considered, thereby enabling the establishment of a solid and effective foundation for the detailed conceptual framework and practical approaches to be discussed in subsequent sections. Furthermore, it is expected that various studies and research on these topics will contribute significantly to the development of effective policies and interventions aimed at improving individuals' overall well-being. Data and theoretical frameworks from various fields will aim to create a noteworthy resource by shedding light on a better understanding of these processes in a unique and multifaceted way, providing important information on how to increase individuals' psychological resilience. Therefore, such research plays a critical role in improving psychological health and enabling individuals to lead more mentally robust lives. Furthermore, the examination of in-depth research may contribute to the establishment of healthier social bonds among individuals and, consequently, to the formation of a more robust social structure. The analysis of the data obtained will provide an important resource for developing individuals' stress coping skills and enable the creation of more effective intervention strategies in the face of challenges encountered during their lives. In this context, access will be provided to the information necessary for individuals to understand their own internal processes and mental wounds and to increase their mental resilience. Approaches supported by academic studies and field research will lay the groundwork for the development of continuous and long-term policies that benefit all segments of society. Furthermore, enabling individuals to access the information necessary to act in a more conscious, effective, and mindful manner within complex trauma processes is of great importance and value for increasing psychological empowerment and social solidarity. These studies will contribute to the development of innovative and creative methods that evaluate the effectiveness of stress management strategies, as well as providing observations that will help to understand the

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social determinants of trauma. Thus, developing integrated and holistic approaches to reducing the effects of trauma and increasing individuals' stress coping skills will be a critical step in terms of long-term health and well-being. Ultimately, enabling each individual to develop strategies for coping with trauma and stress is of vital importance not only for personal wellbeing but also for social welfare. In this context, creating support mechanisms that enable individuals to express themselves and overcome their difficulties will greatly contribute to the preservation of their physical and mental health.

METHOD

This study is a structured literature review based on qualitative research methods. Research methods offer truly significant and critical opportunities to understand the effects of trauma and stress on psychological resilience in greater depth and to overcome these negative effects. The importance of psychological resilience has become an inevitable necessity in terms of improving individuals' quality of life. The in-depth examination of this complex and multi-layered issue is now possible in a more comprehensive and detailed manner thanks to the valuable contributions of scientific research conducted in the field and existing academic studies on this subject. In particular, raising awareness of this important issue plays a critical role in improving and developing the quality of life of individuals and communities after trauma. As a starting point, the effects of trauma on different age groups and the diversity of coping mechanisms that emerge depending on developmental stages should be examined in detail, and research in this direction should be conducted meticulously. Longitudinal studies can make important contributions to the development of more effective and responsive interventions by revealing how each age group responds to trauma in different ways and to what degree. In this context, psychological responses and adaptation processes among children, adolescents, and adults can be examined in a detailed and scientific manner. Research in all these areas plays a major role in understanding individuals' post-traumatic developmental processes and determining the extent to which their lives will be affected after trauma. In this regard, comparing the unique effects of various traumas, such as major and complex events like natural disasters, violent incidents, and social problems, makes it possible to obtain valuable information about which intervention and support methods may be more effective according to the nature of the trauma. Strengthening school and family support systems, in particular, can significantly contribute to the recovery process of individuals who have experienced trauma. By ensuring that these processes proceed in a healthier manner, it can assist individuals in recovering from trauma. Thus, it is necessary to develop such strategies, which can have a significant impact on reducing the negative effects of trauma across society and making individuals more resilient. Any effort made to increase psychological resilience offers significant benefits not only individually but also socially. It is also of great importance for future generations, and these efforts are expected to have lasting effects. Therefore, understanding the effects of trauma and developing appropriate interventions is of vital importance in creating healthy individuals and healthy communities, both today and in the future. Research based on this information should be conducted, and the goal should be to strengthen the overall psychological health of society. These secondary studies can make an important contribution to increasing the resilience of society, developing the psychological resilience of individuals and, consequently, increasing social welfare. Strengthening the psychological resilience of each individual will be a process that will have a positive impact not only on their own lives but also on the community around them.

Advancing scientific studies evaluating the effectiveness of interventions aimed at strengthening psychological resilience is of great importance, and the scope of these studies is expanding day by day. In this context, thanks to recent technological developments, the critical role of online therapies and mobile applications in providing post-traumatic support and individuals' resilience development processes can be thoroughly researched, potentially offering new solutions. From an innovative perspective, these novel approaches not only enhance individuals' ability to adapt to the challenges they face but also play a significant role in providing psychological first aid. Furthermore, social variables and individuals' diverse needs must be considered, and their effectiveness across different cultures and socio-economic groups should be carefully detailed. Appropriate adaptations should be made when necessary to meet the needs of different groups; taking such variations into account is critically important in terms of considering the sensitive characteristics of each individual's situation. Furthermore, with the goal of developing sustainable and actionable public health policies, the promotion of multidisciplinary and multi-stakeholder projects has become more important than ever, and such approaches have improved public health. Such studies can make significant contributions to efforts to improve public health in general. They can also offer important steps in supporting individuals' mental health, and these advances significantly impact individuals' quality of life. Ultimately, the integration of scientific research and social applications can open new horizons in the field of strengthening psychological resilience and create a broader impact that can also raise individuals' living standards.

Research conducted to understand the neurobiological and genetic foundations of trauma and stress on psychological resilience stands out as an area with the potential to yield important and striking results in the future. Detailed and comprehensive studies in these fields will not only identify the biological mechanisms that play a critical role in the development of resilience in individuals, but also provide an important basis for developing more comprehensive and effective preventive intervention strategies and individualised support approaches through a deeper understanding of these mechanisms. In particular, research focusing on the social effects of trauma should take the necessary steps to strengthen the social integration of victim groups and make psychosocial support systems more effective. Such an approach will make a significant contribution to reducing the psychological deficits caused by trauma and, as a result, more comprehensive and effective solutions will be developed for the protection of psychological health

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in general. Therefore, supporting and disseminating scientific studies in this field is of great importance in terms of improving individuals' quality of life and strengthening social health.

FINDINGS

The data obtained from the literature review is discussed in detail under the Findings heading, examining a wide variety of methods applied to investigate intergenerational trauma transmission and examples of practices in this area, subjecting them to a comprehensive analysis process. This extensive analysis process, particularly by bringing together the results of field studies conducted in different geographical regions, is truly important for the development of effective assessment and intervention methods in trauma and stress coping processes in terms of the practical aspects of the Findings. In clinical practice, the correct, effective, and conscious application of assessment tools, especially those used to support psychological health and resilience, has become a vital necessity and requirement to increase the effectiveness of these tools. The effective use of such assessment tools plays a critical role in laying a solid and healthy foundation for individuals to better understand their post-traumatic conditions and develop appropriate and beneficial treatment plans accordingly. These assessment tools provide the opportunity to systematically track cognitive, emotional, and behavioural changes, forming an important building block for increasing the effectiveness of interventions. When evaluated from an education and public health perspective, it is of great importance that awareness-raising programmes, as well as stress management and resilience-building efforts, are meticulously and carefully planned, implemented, and made sustainable. Furthermore, it aims to provide significant support for individuals' psychological resilience by helping them develop resistance to coping with trauma and stress, thereby contributing greatly to the creation of a healthy social structure. Future research areas should be enriched with detailed and comprehensive studies aimed at deeply understanding the effects of individual differences, environmental factors, and socio-cultural influences. Such research will form a fundamental building block that will support the shaping of both protective and restorative interventions and enable the identification of effective strategies in clinical practice. It is of great importance that the strategies to be used in clinical and social practice are meticulously planned in harmony, taking into account multidisciplinary approaches, and implemented in a sustainable manner. Furthermore, it is crucial to prioritise an integrated and holistic approach in the design of health policies and prevention programmes, taking into account the effects of trauma and stress on psychological resilience. In this context, important criteria such as the effectiveness of interventions, evidence-based approaches, and accessibility to all segments of society should be among the factors directly influencing the success of interventions and research in this field. The development of findings for application is critical and vital in terms of empowering individuals in the processes of coping with trauma and stress and increasing the resilience of societies through an interdisciplinary effort. From a global perspective, innovative and creative research on this topic will significantly contribute to making trauma and stress coping methods more effective and comprehensive in the future and will continue to play an important role in improving individuals' quality of life. Such initiatives will also create opportunities for raising social awareness and helping individuals understand their own psychological resilience. Education and awareness programmes will enable not only individuals but also communities to understand how to better cope with such social and psychological challenges, thereby creating a positive impact on the overall state of mental health. The expansion of psychological support services and ensuring their accessibility will help individuals overcome the challenges they face more comfortably. Strengthening social support systems during this process will increase social solidarity, develop individuals' ability to cope with trauma and stress, and contribute to the formation of a healthy society. In this context, raising awareness of trauma and stress issues among both individuals and society as a whole will pave the way for individuals to lead more resilient and healthy lives, strengthen their social relationships, and cope more effectively with these stress factors. Overall, the creation of a healthy society is directly related to strengthening everyone's ability to cope with trauma and stress and raising awareness on this issue. Therefore, the development and continuity of all these tools and programmes are of great importance.

DEFINITIONS AND TYPES OF TRAUMA

Trauma can be deeply defined as a series of events that result from unusual or extremely challenging situations encountered in an individual's life, where both psychological and physical effects are felt intensely and severely. When properly addressed, these events generally encompass many situations that exceed personal boundaries, threaten life, damage interactions with society, or lead to the disruption of psychosocial balance. The manifestations of trauma can vary and can therefore be classified into different types. This classification groups traumas according to their nature within a specific logical framework. Extensive research has revealed that each type of trauma is deeply and complexly related to different psychological effects. For example, while some types of trauma can have a much more negative impact on an individual's mood, others may have a less significant effect.

Experiencing trauma alone has the potential to cause deep wounds in a person's inner world; these wounds may heal over time, but unfortunately, the scars can become permanent. The effects of trauma can be short-term, or they can manifest themselves in ways that can have long-term consequences. While some individuals manage to overcome trauma, others may be left with a deeper and more profound impact; this varies depending on individual differences and the nature of the experiences. At the same time, people can develop different coping methods after trauma. While these methods help reduce the effects of the trauma experienced by individuals, in some cases, coping strategies that can harm the person's psychological health may come into play. Psychological

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disorders such as post-traumatic stress disorder (PTSD) are often seen in traumatised individuals. This disorder can have profound and negative effects on individuals' quality of life, damaging both their self-confidence and social relationships. Therefore, traumatic events are not just a momentary impact, but also a highly complex phenomenon that affects the individual's future life. Advanced traumatic experiences can also negatively affect individuals' social relationships, work life, and overall functioning. This situation can undermine a person's place in society, their self-confidence, and their effectiveness in social roles. In addition, the various problems that trauma brings in the long term can affect individuals' psychological well-being, and this situation requires treatment. Without long-term psychological resilience, individuals may find it even more difficult to recover from the effects of the trauma they have experienced.

Post-traumatic rehabilitation processes mostly aim to help individuals confront their painful experiences and accept them in a healthy way by establishing healthy communication with therapists. This process can be considered an important step towards regaining both mental and physical well-being. In this context, it is important to note that seeking support during the post-traumatic process can alleviate emotional burdens and help individuals build a strong foundation again. Seeking professional help to overcome the trauma experienced can create a healthy turning point and provide individuals with an opportunity to rebuild themselves. It should not be forgotten that each individual's process is unique, and patience and self-care are important during this process. While coping mechanisms with the effects of trauma may change over time, increasing awareness and allowing oneself time during this period can minimise the negative effects of trauma.

When considering the nature of events, various types of trauma are carefully identified and classified. Individual traumas typically arise from a single event or a series of recurring events; in this context, serious accidents, traumatic attacks, or natural disasters are among the important types that must be considered. These traumas have the potential to create deep and lasting effects on individuals' psychologies. In addition, traumas arising from war and conflict environments are considered within the category of social or collective trauma and can leave deep and unforgettable marks on individuals within the group. Losses and conflicts experienced in wars can have long-term negative effects not only on individuals but also on the mental health of communities. This helps to better understand the broad impact of trauma. Another important classification is that traumatic events are not limited to psychological dimensions but can also be closely related to physical harm or material losses. Such events can have a profound and disruptive impact on an individual's perception of life and security, and therefore the effects of trauma can become quite extensive, complex, and difficult to overcome. The consequences of trauma have the potential to leave lasting effects on individuals' quality of life, which can make the treatment process for such trauma even more difficult. At this point, it is crucial to develop a deeper understanding of the definition of trauma and its multidimensional effects on individuals. Thus, shaping treatment approaches according to the nature of the trauma can greatly contribute to individuals' recovery processes.

The effects that emerge according to the types of trauma manifest themselves in different ways on individuals, and this situation is quite important. Acute and serious traumas usually manifest themselves immediately afterwards with various symptoms such as anxiety, sleep disorders, distraction, and general restlessness. These symptoms can cause serious disruptions in an individual's daily life and thus affect and hinder their routine activities. Long-term traumas, on the other hand, paint a broader and more complex picture; individuals exposed to such traumas often experience depression, behavioural disorders, and a marked decrease in psychosocial functioning. This situation can cause serious problems in the individual's social life and relationships, thereby damaging interactions between people. Furthermore, individuals exposed to trauma may experience cognitive impairment, increased emotional intensity, and associated behavioural deviations. These negative consequences following injury severely test the individual's capacity to cope with stress, challenging their psychological resilience. Therefore, raising awareness about the effects of trauma and developing early intervention methods can be critical in individuals' recovery processes and has the potential to improve their quality of life. Of course, it is also crucial to employ methods such as group therapy, individual counselling, and supportive social environments to overcome such traumas and ensure individuals lead healthy lives. Thus, individuals can cope more healthily with the effects of the trauma they have experienced. While the differences between them are shaped by the type of trauma and individual characteristics, the responses to these events also vary from person to person. The types of trauma are not only determined by the nature of the event, but also by its effects and the individual's psychological response to the situation. Therefore, in order to understand and manage the psychological effects of trauma, the diversity of events and the potential risk factors they involve must be taken into account.

LEGAL AND CLINICAL DIMENSIONS OF STRESS

The legal and clinical dimensions of stress are among the important factors affecting individuals' mental health, and a better understanding of this situation improves individuals' overall quality of life. From a legal perspective, the identification, diagnosis, and treatment of stress-related problems are regulated by international and national legislation, and these regulations are critical in terms of both protecting individuals' rights and ensuring appropriate intervention options. Again, updating legal regulations enables the problems faced by individuals to be addressed more effectively. Clinically, recognising stress's potential to cause psychopathologies and considering its ultimate effects, various treatment protocols and approaches have been developed. In this context, the fundamental mechanisms of stress are examined in detail; findings from research into the neurological and psychological

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underpinnings of the stress response play a decisive role in shaping intervention plans. In clinical practice, psychiatric and psychological assessment tools are used effectively in the diagnosis and treatment of stress-related conditions such as anxiety, depression and acute stress disorders, while current psychotherapy methods and pharmacological approaches are also applied quite effectively. Furthermore, various psychological support programmes and training courses have been developed to strengthen stress coping skills; these programmes provide individuals with practical information to support them in coping with stress, making an important contribution to reducing the negative effects of stress. The legal and clinical dimensions are made possible through interdisciplinary collaboration; therefore, keeping the legal framework up to date and basing clinical practices on scientific foundations contributes to the preservation of psychological well-being. Regulations in these areas provide a sustainable framework for both protecting individuals' rights and implementing effective interventions. In conclusion, the legal and clinical dimensions of stress form an important basis, both legally and practically, for supporting psychological health and facilitating post-traumatic recovery, highlighting the need for further research and studies on these issues.

THE CONCEPT OF PSYCHOLOGICAL RESILIENCE

The concept of psychological resilience comprehensively describes the resistance individuals demonstrate in the face of traumatic events and stressful experiences, as well as their ability to cope with these situations. This important concept is directly related to an individual's capacity to maintain psychological integrity and emotional balance despite negative and challenging experiences, and to recover after facing difficulties. Psychological resilience is not limited to innate genetic characteristics but is shaped by developmental processes, life experiences, and the complex interaction of environmental factors. From this perspective, the level of resilience individuals possess is dynamically determined by various internal and external factors, in addition to their personal characteristics. Therefore, the concept of resilience may vary within individuals' complex lives and current psychological states.

Resilience traits acquired during childhood can increase the rate of resistance to trauma in adulthood. Furthermore, self-efficacy, problem-solving skills, and emotional regulation abilities are among the fundamental components of psychological resilience. Individuals' coping strategies play a decisive role in strengthening psychological resilience. Those who can develop flexible and adaptive approaches reduce the effects of trauma and increase their chances of achieving psychological recovery in the long term.

On the other hand, factors that undermine psychological resilience include low self-efficacy perception, intense losses, negative social environments, and inadequate support systems. In this sense, enhancing psychological resilience should be approached not only as an individual effort but also as a social responsibility. Developing psychological resilience is possible through various interventions and strategies at both the individual and societal levels. At the forefront of these efforts are psychological training, support groups, and psychotherapy techniques. Such methods encourage individuals to increase their internal resources and awareness while promoting personal empowerment and emotional resilience. Ultimately, enhancing psychological resilience is directly linked to developing the capacity to cope with trauma and stress, and this process should be supported by multi-layered approaches that increase effectiveness, along with a continuous support and development mindset.

THE EFFECTS OF TRAUMA ON PSYCHOLOGICAL RESILIENCE

Trauma can be defined as a situational factor that emerges as a result of sudden and unexpected events in individuals' lives, often beyond their control, and is characterised by serious psychological and emotional effects. Such tragic events have the potential to create deep and sometimes lasting disruptions to individuals' sense of security, belonging, or overall self-perception. While these events can affect all areas of an individual's life, the effects of trauma on psychological resilience can also differ significantly in terms of the short-term and long-term consequences of the events experienced. In the short term, individuals may often experience a distinct feeling of fear, deep anxiety, a sense of bewilderment at not understanding the cause, and intense feelings of guilt. As this process progresses, sleep disorders, attention deficit and mood swings can become frequently observed conditions. This situation experienced by individuals exposed to trauma can cause them to feel emotionally numb or to constantly re-enact the traumatic event mentally. The individual may also be engaged in intense and constant efforts to escape the challenging situations they encounter. Long-term effects may include the development of more severe clinical conditions such as persistent depression, anxiety disorders, or post-traumatic stress disorder (PTSD). These conditions can seriously negatively affect individuals' quality of life, making it difficult for them to perform their daily functions and depriving them of social activities. When evaluated from a cognitive perspective, this condition experienced by individuals after trauma manifests itself with findings such as intense thoughts, the constant presence of the event in the mind, and significant distortions in the perception of reality. From an emotional perspective, a marked increase in negative emotions such as anger, self-doubt, guilt and feelings of helplessness has serious negative effects on individuals' mood. At the behavioural level, challenging and negative situations can be observed, such as avoidance behaviours, an increasing tendency to withdraw from social relationships, and the emergence of addictive behaviours. These complex psychological processes significantly weaken individuals' psychological resilience and can greatly reduce their ability to cope with the effects of trauma. At the same time, they can negatively affect individuals' quality of life, causing them to experience hesitations in performing their daily functions. Therefore, early intervention and receiving appropriate psychological support are of critical importance in terms of efforts to cope with the negative effects of trauma and approaches that support psychological recovery. Such intervention

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offers a significant opportunity for individuals to gain greater resilience in the face of traumatic events and improve their quality of life by developing renewal processes through healthy methods. The implementation of supportive strategies will be an important factor in helping individuals overcome their difficulties and approach the future with a more hopeful outlook.

THE ROLE OF STRESS IN PSYCHOLOGICAL RESILIENCE

Stress is not only an extremely important factor in coping with many adverse situations encountered in human life, but also plays a decisive role in the development and maintenance of overall psychological resilience. Various difficulties that arise at different stages of life affect individuals' stress levels while also shaping their coping methods, and this situation can have a direct impact on individuals' quality of life. The ability to cope with these difficult processes greatly contributes to individuals overcoming their difficulties; therefore, learning stress coping methods is extremely critical for maintaining overall mental health. Within this complex process, shaped by the interaction of biopsychosocial factors, individuals' ability to cope with stress, their resilience in the face of adverse situations, and their capacity to adapt to such conditions are among the important factors that directly affect their psychological state. The effective coping strategies individuals develop in response to adverse events constitute one of the critical elements that strengthen psychological resilience; for these reasons, the factors mentioned above are of great importance. The cognitive and emotional mechanisms used in coping with stress play an extremely important and decisive role in mitigating the negative effects of traumatic experiences. These mechanisms help individuals maintain their psychological well-being and thus empower them. The coping difficulties individuals may encounter under challenging conditions can create serious obstacles to stress management, thereby complicating their lives. At times, individuals under stress may feel helpless and alone; this situation can leave them with negative thoughts. Such negative thoughts can also affect people's social lives, negatively impacting their relationships and isolating them. Considering all these factors, it is clear that high levels of stress and inadequate coping skills can have serious negative effects on psychological resilience. However, positive factors such as flexibility, personal adaptability, and social support are of great importance as they have the potential to reduce the negative effects of stress. These positive elements enable individuals to cope more effectively with stress, thereby making their lives more meaningful and improving them. Furthermore, resilient and adaptable individuals achieve more successful outcomes in restoring balance to their lives after challenging traumatic events, demonstrating more resilient and effective attitudes in coping with difficult situations. In this process, social support systems, along with environmental factors, make important contributions by offering mechanisms that mitigate the risks individuals face. The help provided by close relationships and support groups allows individuals to share their emotional burdens, which significantly facilitates the process of coping with stress. Therefore, the ability to cope effectively with stress stands out as one of the critical building blocks in strengthening individuals' psychological resilience. It is a crucial reality to bear this in mind. The social dynamics developing in the environment and the individual's own inner strengths play an effective role in the success of stress management processes. Thus, measures taken to manage and reduce stress are of critical importance in the development of psychological resilience and should not be overlooked. The stronger an individual's coping strategies are, the greater their psychological resilience will be. This will enable the individual to lead a healthier and more balanced life. Of course, seeking ways to cope with stress in a healthy manner and developing effective mechanisms in this process is undoubtedly important for mental health. Ultimately, for individuals to minimise the effects of stress, they must continuously develop themselves and actively use their support systems, which is of paramount importance for their long-term psychological and physical health. By discovering these ways, individuals can increase their ability to cope with stress and thus lead a more satisfying life. Coping with stress brings great benefits not only for the individual's mental health but also for their social relationships. Strengthening social bonds and solidarity within society has a positive impact on individuals' general well-being, and in this context, it is possible to be more successful in personal and social life by developing effective methods to combat stress. Ultimately, this struggle will contribute not only to the empowerment of individuals but also to that of entire communities. In this context, the methods adopted to cope with stress serve not only at the individual level but also for the general benefit of society and make important contributions to increasing social resilience. Stress management, as part of complex mental structures and social interactions, can be a decisive factor in determining individuals' future quality of life and can have an impact in this area. Individuals who can cope effectively with stress strengthen their social relationships and interact more positively with their communities by approaching their environment with greater sensitivity. Furthermore, the sustainability of this process will reinforce individuals' belief in themselves, develop their social communication skills, and provide a basis for combating the negative emotional states brought about by stress. Social support groups and similar approaches serve as an important bridge in reducing the effects of stress, enabling individuals to share their experiences and ensuring they do not feel alone. Therefore, developing stress management skills is an important gain not only for individuals themselves but for the entire community. Stress is an important factor in coping with many adverse situations encountered in human life; it has profound effects on both personal development and social relationships and can bring about positive changes in this process. Learning stress management techniques and cooperating to overcome the difficulties in this process will greatly contribute to creating a healthier and more resilient society. Therefore, the robust development of stress management and coping mechanisms is of vital importance in improving individuals' quality of life. In this context, every step individuals take towards self-improvement offers opportunities to increase social resilience and strengthen stress coping skills.

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CONCLUSION

The effects of trauma and stress on psychological resilience are extremely significant and critical in terms of individuals' quality of life and adaptation processes. This topic has attracted considerable attention from scientists and clinical experts today and has become an important area of research. Comprehensive and in-depth studies reveal that trauma and chronic stress weaken individuals' psychological resilience, paving the way for the development of many different psychological problems such as anxiety, depression, and post-traumatic stress disorder. This negative situation is a major factor threatening individuals' mental health and has therefore become a storm that must be taken seriously. However, it should also be noted that psychological resilience can also exhibit properties that mitigate or completely prevent these negative effects. Individuals can become stronger and more resilient through various methods during difficult and challenging periods, and they may be less affected by the emotional difficulties they encounter during this process. In this context, there is a great need to develop various intervention and support mechanisms to increase individuals' resilience in the face of difficult times and to develop these characteristics. In particular, recognising individuals' cognitive and emotional reflections and consciously strengthening these reflections with appropriate psychological approaches plays an extremely important role in reducing the negative effects of trauma in the long term. Furthermore, activating resilience and adaptation mechanisms is highly effective in developing individuals' stress coping skills. In this process, the implementation of community-based programmes and health policies has the potential to support psychological well-being while improving individuals' post-traumatic recovery processes and quality of life. For example, practices such as social awareness campaigns and mental health education can contribute to individuals being better prepared to face trauma. In addition, supportive programmes such as group therapy, individual support services and healthy living programmes can be very useful in developing stress coping skills. Ultimately, the effects of trauma and stress on psychological health are being examined in a multifaceted manner, and personalising strategies for coping with these adverse situations is of critical importance in terms of increasing psychological resilience and reaching all segments of society. In this regard, applied studies and comprehensive research should aim to develop sustainable solutions at both the clinical and societal levels, and these solutions should offer significant opportunities for protecting and improving individuals' mental health. The process of individuals discovering and developing their own internal resources should not be overlooked, as this process is extremely important for everyone and is a critical component of a healthier society. Furthermore, strengthening social solidarity can contribute to individuals achieving and maintaining a healthier mindset. The presence of supportive social environments plays an important role in enhancing individuals' stress coping skills and strengthening their psychological resilience. In short, while protecting individuals' mental health, it is also necessary to ensure social and psychological development in society as a whole. Furthermore, increasing individuals' access to educational content is crucial for enabling them to cope with the challenges they face. In this regard, sharing inspiring stories that can guide people through post-traumatic recovery processes can both increase their motivation and strengthen their social bonds by making them feel less alone. Considering that environmental factors also have a significant impact on psychological resilience, scientific studies in this field can contribute to individuals leading healthier lives and coping more effectively with stress. Ultimately, developing emotion-focused and scientifically grounded approaches that resonate with individuals while improving their mental well-being will create positive effects at the societal level. Collaborating with all segments of society in such efforts and ensuring the participation of all stakeholders will help develop a successful methodology and contribute to achieving more comprehensive outcomes.

LIMITATIONS

This study has some limitations. Firstly, as the research was conducted using a qualitative literature review method, the general validity of the findings is limited. From a psychological perspective, positive effects are also seen in terms of access to information and participation in social movements.

NOTIFICATION

Evaluation: It has been evaluated by internal and external consultants.

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