

# ADVERSE CHILDHOOD EXPERIENCES

## Facts & Self-Care Tips

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems.



### KNOW THE FACTS YOU ARE NOT ALONE

1 in 6 adults experienced four or more types of ACEs.

At least 5 of the top 10 leading causes of death are associated with ACEs.

About 61% of adults surveyed across 25 states reported they had experienced at least one type of ACE before age 18.

### REDUCE STRESS

Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood.



### LOWER YOUR RISK FOR ILLNESSES

Lower your risk for conditions like depression, asthma, cancer, and diabetes in adulthood by practicing the 8 Laws of Health. The 8 laws of health are good nutrition, adequate rest, fresh air, plenty of water, trust in God, practicing moderation of healthful things and avoiding those that are unhealthful, sunshine, and exercise.

### FIND YOUR WORTH AND PURPOSE IN GOD

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well." Psalm 139:14

God loves you!



Check out our downloadable PDF on "Living with Sexually Abused Children: Boundaries and Guidelines."

