

Posttraumatic Stress

What is PTSD?

Posttraumatic Stress Disorder is a clinical syndrome that can afflict people exposed to a tragic event “outside the range of normal human experience.”

Symptoms include:

- Nightmares, Unwanted Memories, & Flashbacks
- Clinical Depression
- Severe Anxiety
- Outbursts of Anger
- Exaggerated Startle Reflex
- Avoidance of Reminders of the Event
- Emotional Numbness
- Feeling Distant from Loved Ones
- Believing Your Life Will be Cut Short
- Guilt & Shame

When to Seek Help

A PTSD diagnosis requires that symptoms persist for at least a month, but that doesn't mean you have to wait to seek treatment.

If your symptoms have been present less than a month, you could have Acute Stress Disorder (ASD). That's the time to get professional help.

Over time, PTSD & ASD may go away by themselves. However, it's unwise to take that chance. Posttraumatic stress is a serious condition that could have ramifications for your global wellbeing if left untreated. You should consider therapy & medications to help you get by.

Coping with Posttraumatic Stress

If you think you have PTSD, you should see a mental health professional. Don't try to “tough it out.” Your provider will recommend coping strategies that might include some of the following:

- Rather than avoiding thoughts of your trauma, try journaling. By confronting your trauma, you'll promote healing.
- Resume normal daily activities. Think about your life before your trauma, and get back into that routine.
- Use relaxation strategies every day, even if you don't feel stressed. This could mean Yoga, breathing exercises, meditation, or other methods.
- Challenge your thoughts of self-blame. What happened was not your fault.
- Reach out to loved ones. They don't understand your trauma, but they want to help. Accept their efforts as gestures of love, even if they don't fix your problems.
- Stay away from stimulants like caffeine and nicotine. You're already amped up by your trauma.
- Don't use substances to avoid facing your trauma. That will just lengthen your suffering.
- Take care of something like a plant, a pet, or another person. Caregiving can help to restore your sense of purpose.
- Set a personal goal and pursue it. Achieving something can help restore your sense of self-worth.
- Make plans to do something you enjoy, so you'll have something to look forward to. That will promote hope and optimism.

Reach Your HighPoint.

www.HighPoint.health/WellnessResources