

All About PTSD

Post-traumatic stress disorder (PTSD) is a mental health concern that people may develop after they see or experience a traumatic event.

WHAT I FEEL

COPING STRATEGIES

Intrusive thoughts

- Nightmares
- Flashbacks
- Triggers

Seek professional help

- Seek out support groups
- Connect with a mental health professional
- Explore therapy



Bodily changes

- Trouble falling asleep
- Dizziness, aches & pains

Healthy lifestyle

- Eat a balanced diet
- Get enough sleep
- Exercise to reduce tension

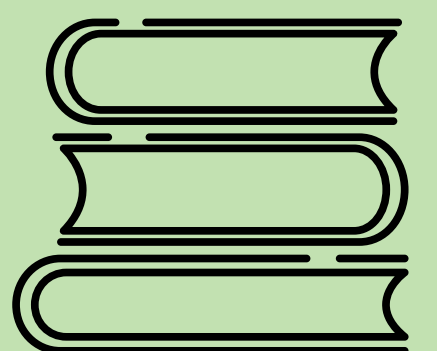


Behavioural Changes

- Avoiding conversations about the event
- Self-destructive behaviour

Educate yourself

- Learn about symptoms associated with PTSD
- Take time to find helpful resources



Mood Changes

- Losing interest in things you used to enjoy
- Feeling guilty, depressed, or lonely

Being patient with yourself

- Understand and identify your triggers
- Practice mindfulness and relaxation techniques
- Create a journal

