

UNDERSTANDING PTSD

"The Pain of Reliving The Trauma"

TheHopeLine®
Dawson McAllister Network



TheHopeLine.com

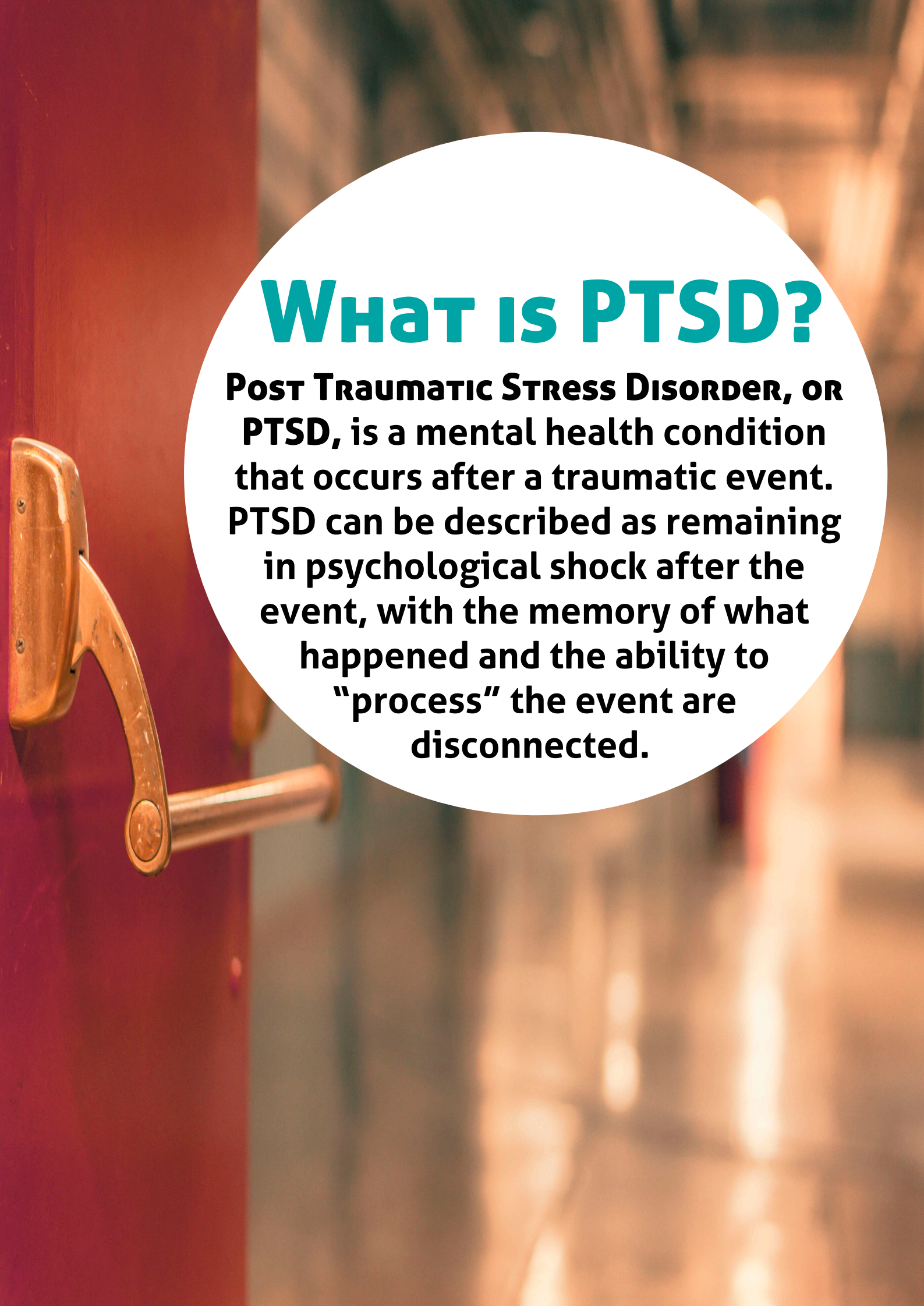
PTSD

POST TRAUMATIC STRESS DISORDER



In our modern world, it seems as if the news is a constant stream of tragedies, catastrophes and traumatic events. From natural disasters and war to abuse and accidents, the aftermath of tragic events often leave survivors with mental and emotional issues, like Post Traumatic Stress Disorder. While we often hear PTSD related to soldiers returning home from war, anyone who has experienced an extremely stressful, life altering event can have PTSD. If you struggle with PTSD, you aren't alone. It is estimated that approximately 7.7 million Americans age 18 and older struggle with PTSD.



The background of the image is a red door with a brass handle. A large white circle is superimposed on the right side of the door, containing text. The text is in a mix of teal and black colors.

What is PTSD?

Post Traumatic Stress Disorder, or PTSD, is a mental health condition that occurs after a traumatic event. PTSD can be described as remaining in psychological shock after the event, with the memory of what happened and the ability to “process” the event are disconnected.

Traumatic events that can lead to PTSD are:

War

Natural disasters

Rape

Kidnapping

Car or plane crash

Assault

Terrorist attack

Sexual or physical abuse

Sudden death of a loved one

Childhood neglect

Any event that leaves one feeling helpless

Beyond just the victims of a traumatic event, PTSD can also impact those who witness and help in the aftermath of a catastrophe like emergency workers, police officers and relief volunteers. Most people have some stress related reactions after a traumatic event. However, if your reactions do not go away over time and they disrupt your life, you may have PTSD.



Traumatic events impact each person differently. PTSD can manifest itself in a variety of different ways, and often occurs with depression, substance abuse and other anxiety disorders. The symptoms of PTSD can arise suddenly, gradually, or come and go over time. A reminder of the traumatic event such as a noise, an image or an experience, can act as a trigger for PTSD.

Symptoms of PTSD

There are a few common symptoms that are identified with PTSD:

- Reliving the traumatic event, including nightmares and flashbacks

- Avoiding reminders of the trauma

- Negative changes in beliefs and feelings

- Overreacting to misunderstandings or lashing out at others

- Increased anxiety and emotional issues stemming

- from the traumatic event, such as feeling jittery, easily startled or being "always on alert"

- Behavioral changes such as substance abuse or



In teens and young adults, PTSD symptoms can vary in range and include:

- Fear of being separated from a parent
- Losing previously acquired skills, such as toilet training
- Problems sleeping or nightmares
- New phobias and anxieties that seem unrelated to the trauma, such as fear of monsters
- Acting out the trauma through stories or drawings
- Aches and pains without any apparent cause
- Irritability or aggression

If you are experiencing a combination of these symptoms, please seek professional help immediately.

**If you think you may have PTSD, our HopeCoaches are here to listen and connect you with the help you need.
Chat online at [TheHopeLine.com](https://www.thehopeline.com).**

GETTING HELP FOR PTSD

If you or a loved one are dealing with PTSD or similar symptoms, it's important to get professional help. Beyond dealing with the symptoms of PTSD, survivors often struggle with related issues such as panic disorder, depression, substance abuse and thoughts of suicide. That's why it's so crucial to get help early for PTSD. There are a variety of effective treatments for overcoming PTSD, ranging from therapy to medication.

THERAPY-

There are many effective treatments that include meeting with a therapist to understand and help process the trauma. Therapists can help with relaxation and anger control, deal with emotions related to the trauma and tips for building positive habits to help deal with PTSD.

MEDICATION-

For those with PTSD, doctors often prescribe antidepressants and other medications to help manage the symptoms. Typically, medication and therapy work together as treatment. deal with PTSD.

PTSD GROUP SUPPORT-

Discussing PTSD with others who are going through or have gone through a similar experience can help survivors cope with symptoms and build relationships. Find a local group through your therapist or PTSD support organizations.

HELPING A LOVED ONE WITH PTSD



Be patient and understanding. PTSD can be very difficult to explain to others, and often prompts unusual behavior and mood swings. Helping someone through PTSD requires patience and perseverance. It's important to have perspective and remain understanding, though not opening yourself up to abuse.

Offer emotional support and encouragement. Even if your loved one isn't ready to talk or has a hard time articulating their emotions, just being there for support means a lot. Try writing encouraging notes, planning fun activities and spending quality time.

Be prepared. Understanding PTSD and the symptoms is essential to helping a loved one overcome it. Try to anticipate and prepare for PTSD triggers before they happen.

Remind your loved one there is hope. For those with PTSD, time and treatment are key to moving forward with their lives. Encourage him or her to get help and stay consistent with treatment.

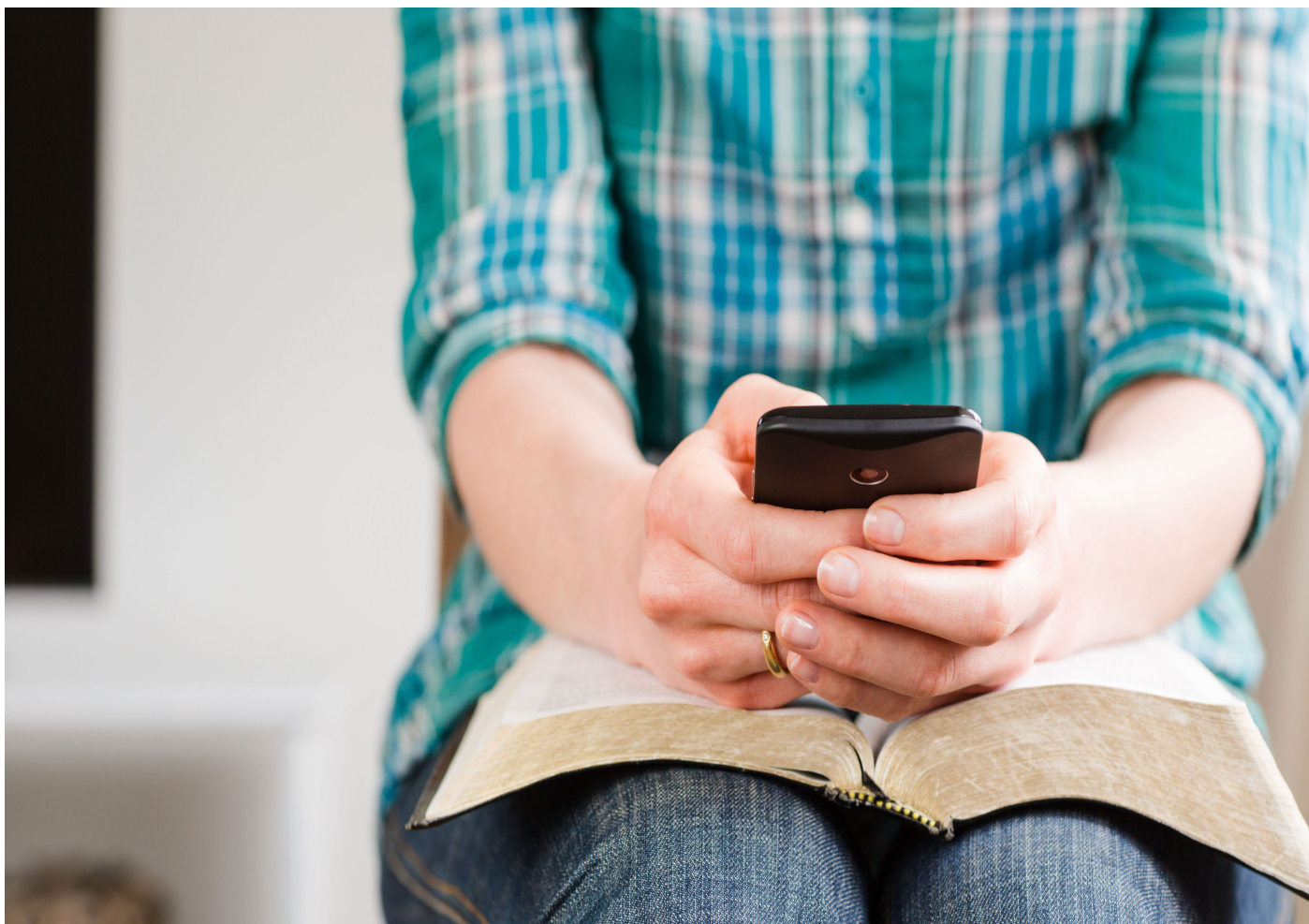
Share this Guide. If you suspect your loved one may be struggling with PTSD, share this eBook.

Take care of yourself. In many situations in life, being strong for a friend or loved one who is dealing with life issues can be draining. That's why it's important to take care of yourself emotionally and physically. If you need someone to talk to, our HopeCoaches are standing by to **chat online at [TheHopeLine.com](https://www.thehopeline.com)**.

A SPIRITUAL PERSPECTIVE ON PTSD

PTSD can seem like an overwhelming, seemingly hopeless issue to deal with. You may feel like no one understands but there is hope and help. Here at TheHopeLine, we truly care about you and want to help you deal with PTSD. Whether you need encouragement, resources or just someone to talk to, we are here for you. Chat with us: www.TheHopeLine.com/gethelp

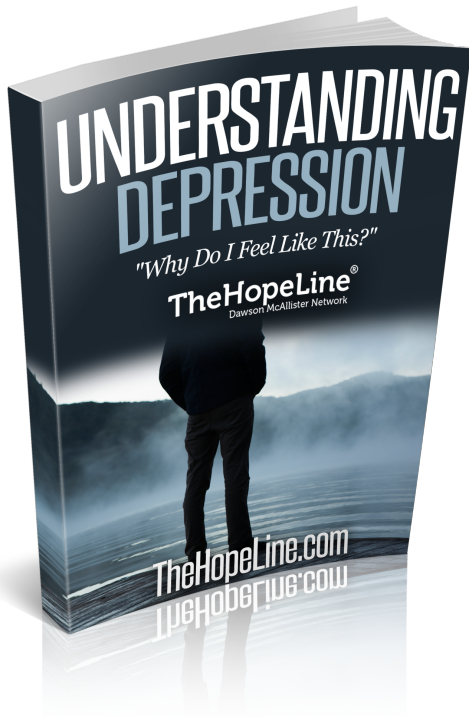




No matter what problems or issues you're dealing with, know that God loves you no matter what and you are valued and worthy in His eyes. God has a plan for your life beyond what you can even imagine. The Bible says that Jesus came to earth and died so everyone can have **"real and eternal life, more and better life than they ever dreamed of..."** [John 10:10 The Message]. God has a unique plan for your life and knows you by name! You are

loved and accepted, regardless of what has happened in your past or your current struggles. God wants to have a real, personal relationship with you and to help you discover your true self-worth and identity in Him.

If you want to know more about having a relationship with God or have questions about self-worth, chat online with a HopeCoach at TheHopeLine.com.



If you are struggling with with PTSD, you might also need help with depression. Check out our guide: Understanding Depression.

Or to find more of TheHopeLine's eBooks on Dating, Self-Worth, Suicide, Eating Disorders, Anxiety, Lying, etc. Visit:

<http://www.thehopeline.com/guides/>

If you have found this eBook helpful, please help us get our eBooks into the hands of others by donating [HERE](#).

Sources

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2. "Posttraumatic Stress Disorder (PTSD) | Anxiety and Depression Association of America, ADAA." *Posttraumatic Stress Disorder (PTSD) | Anxiety and Depression Association of America, ADAA*. Anxiety And Depression Association of America, n.d. Web. 29 Apr. 2015.
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