Post-Traumatic Stress Disorder (PTSD)

Post-traumatic stress disorder (PTSD) is a trauma-related mental health condition that can develop after experiencing or witnessing a traumatic event. It has a range of symptoms that can present differently from person to person.

- [ ] Emotional distress in response to something that reminds you of the event (trigger)
- [ ] Intense, intrusive thoughts and feelings related to a traumatic experience
- [ ] Flashbacks
- [ ] Nightmares
- [ ] Anxiety
- [ ] Depression
- [ ] Avoidance of things that remind you of the event - places, activities, people
- [ ] Negative view of the world, others, and yourself

- [ ] Withdrawal, isolation
- [ ] Emotional numbness
- [ ] Trouble with memory
- [ ] Sense of hopelessness or powerlessness
- [ ] Easily startled, on edge
- [ ] Sleep and appetite disturbances
- [ ] Guilt or shame
- [ ] Trouble with mood and emotional regulation
- [ ] Risk-seeking or self-destructive behavior

Trauma therapy or individual therapy greatly helps with coping with PTSD and overcoming your symptoms.