

WHAT IS Post-Traumatic Stress Disorder?

When people go through a lot of stress or tough situations, they may start to feel...

01 Overwhelming Experiences 🌙

Nightmares that feel real
Flashbacks of stressful events

Physical reactions to memories
Unwanted distressing thoughts or images



02 Increased Arousal ⚡

Difficulty falling or staying asleep
Short temper or frequent frustration
Mind racing with thoughts



03 Emotional Numbness 😞

Feeling detached or disconnected
Trouble experiencing emotions
Sense of emptiness

04 Always 'On Guard' 🚨

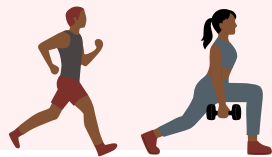
Constantly alert to danger
Feeling "keyed up" or restless
Hard to relax, even in safe spaces

05 Avoidance 😞

Staying away from certain people, places, or things
Trying to ignore thoughts or feelings
Using substances to "escape"



While these feelings may be overwhelming, there are strategies people find helpful in managing them...



01 Brief Intense Exercise 💪

Jog in place to get your heart pumping Do a quick set of jumping jacks
Drop and do some push-ups

🌟Tip: Quick exercise burns excess energy and calms your nerves, keeping you in control



02 Be Present 🧠

Journal your thoughts – write whatever comes to mind
Take deep breaths to reset and refocus

03 Distractions 📺

Watch a favorite show or a new series
Start at 100 and subtract 2 each time

Count the corners in the room – there are more corners than you think!
Play upbeat music to lift your mood or calming music to relax when feeling tense



🌟Tip: We are bad at multitasking – shifting your focus to something else helps break the cycle of overwhelming thoughts



04 Stay Grounded 🌿

Hold an ice cube or splash cold water on your face
Squeeze a stress ball or textured object
Notice 5 things you can see, 4 things you can touch, 3 things you hear, 2 things you smell, 1 thing you taste

🌟Tip: These strategies help calm your fight-or-flight response by slowing you down and keeping your mind focused