

# PTSD : SYMPTOMS

POST- TRAUMATIC STRESS DISORDER

WEDNESDAY

24

Post-traumatic stress disorder (PTSD) is a mental health condition that is triggered by a terrifying event - either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care they usually get better. If the symptoms get worse, last for months of even years, and interfere with your day-to-day functioning, you may have PTSD. Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.

SYMPTOMS

PTSD disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after event. These symptoms cause significant problems in social or work situation and in relationships. They can also interfere with ability to go about normal daily tasks.

PTSD symptoms are generally grouped into four types: intrusive memories, avoidance, negative change in thinking and mood, and changes in physical and emotional reactions. Symptoms can vary over time or vary from person to person.

MON	5	12	19	26
TUE	6	13	20	27
WED	7	14	21	28
THU	1	8	15	22
FRI	2	9	16	23
SAT	3	10	17	24
SUN	4	11	18	25







- ⑤ Feeling detached from family and friends
- ⑥ Lack of interest in activities you once enjoyed
- (7) Difficulty experiencing positive emotions
- (8) Feeling emotionally numb.

## Changes in Physical and Emotional Reactions

Symptoms of changes in physical and

emotional reactions (also called arousal symptoms) may include:

- ① Being easily startled or frightened
- ② Always being on guard for danger
- ③ Self-destructive behaviour, i.e. drinking too much or driving too fast.
- ④ Trouble sleeping
- ⑤ Trouble concentrating
- (6) Irritability, angry outbursts or aggressive behaviour
- (7) Overwhelming guilt or shame.

For children 8 years old and

also include:

- Younger signs & symptoms may also include:
- (1) Re-enacting the traumatic event or aspects of the traumatic event through play
  - (2) Frightening dream that may or may not include aspects of the traumatic event.

PTSD symptoms can vary in intensity over time. Young people have more PTSD symptoms when you're stressed

in general or when you come across reminders of what you went through.