

What does PTSD do to a person?

People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people.

PTSD symptoms are generally grouped into four types:

1. Intrusive memories
2. Avoidance
3. Negative changes in thinking and mood
4. Changes in physical and emotional reactions

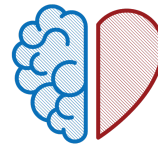
Symptoms can vary over time or vary from person to person.

What triggers PTSD?

Triggers can include sights, sounds, smells, or thoughts that remind you of the traumatic event in some way. Some PTSD triggers are obvious, such as seeing a news report of an assault. Others are less clear. For example, if you were attacked on a sunny day, seeing a bright blue sky might make you upset.

Some of the most common symptoms of PTSD include:

- Intense feelings of distress when reminded of a tragic event.
- Extreme physical reactions to reminders of trauma such as nausea, sweating, or a pounding heart.
- Invasive, upsetting memories of a tragedy.
- Flashbacks (feeling like the trauma is happening again).



What are the main symptoms of PTSD?

1. Denial
2. Confusion
3. Anxiety
4. Flashbacks
5. Nightmares
6. Despair
7. Hopelessness
8. Sadness

Like most mental illnesses, PTSD is not strictly curable. This condition is caused by trauma and causes serious symptoms that make normal functioning challenging or impossible. Treatment with special types of therapy and sometimes medication can make a big difference, but it is not a cure.