Posttraumatic Stress Disorder (PTSD)

Signs of PTSD

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\stress_woman[1].jpg]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OJMAA9UG\nightmare__s_realm___tomorrow_by_gamecommentaries-d3g6ip8[1].jpg]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q8PWUN3Y\Boy_Scared[1].jpg]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OJMAA9UG\PngThumb-World-War-I-silhouette-8614[1].gif]()



Irritability

History of trauma

Nightmares

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\thought_bubble[1].gif]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\821JX6BP\warning-sign11[1].png]()

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OJMAA9UG\Face-plain.svg[1].png]()

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\Emoji_u1f61e.svg[1].png]()

CAPTION

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Negative outlook

Emotional numbness

Constantly on guard

What maintains PTSD?



![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\821JX6BP\noise[1].jpg]()

Avoiding reminders of the event

Fearing recurrence

Lack of social support

How is PTSD treated?

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Medication

Relaxation

Psychotherapy