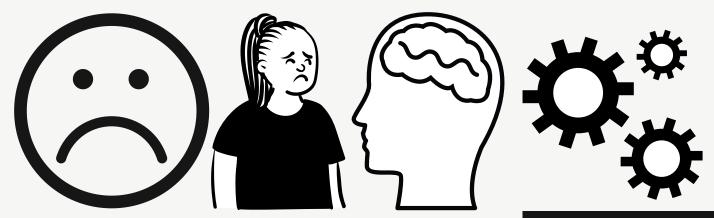
POST TRAUMATIC STRESS DISORDER (PTSD)

Learning South Leicestershire School Sports Partnership



Overview

PTSD is an anxiety disorder that is caused by a very stressful or distressing event.

Facts

- PTSD can occur immediately after a traumatic experience or even several years later.
- PTSD is estimated to affect 1 in 3 people.

Symptoms

Someone with PTSD often relives the traumatic event through nightmares and flashbacks. There is often a feeling of guilt leading to isolation. This can cause problems concentrating and sleeping.

Causes

PTSD can be caused by a traumatic event such as; serious road accident, violent or sexual assault, health issues, childbirth experience, long term isolation and more (NHS, 2020).

TREATMENT

<u>Visit your GP</u>

Your GP could refer you for talking treatment with a professional therapist who could help you cope with distress.

<u>Self care</u>

Focus on your breathing - helps you to relax and stay calm.

Carry an object that reminds you of the present, such as a keyring or jewellery - useful to touch the object during a flashback.