

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

Visit your GP

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

Self care

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.