



PTSD

The New Common Cold

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Issues

More than 7.7 million adults will experience PTSD every year, women are twice as likely to develop PTSD than men. PTSD has been a problem since it was first diagnosed in 1980 and it was even more problematic when it wasn't even known. Women are more likely to develop PTSD than men, and there is some evidence that the potential for the disorder may run in families. The condition may last months or years, with triggers that can bring back memories of the trauma accompanied by intense emotional and physical reactions. Depression is common in men and women with post-traumatic stress disorder. The trauma that caused PTSD also may cause depression.

If you have either of these mental health problems, it is possible you have the other. You may need to treat both of them. PTSD doesn't affect children from the age 0 to 2 but it mostly affects adults from the age 19 to 60 and above. PTSD is currently the subject of many research studies that are funded by the National Institute of Mental Health (NIMH) at the National Institutes of Health (NIH). PTSD can be diagnosed to anybody and it may happen to a many people who try to live normal lives. Whoopi Goldberg, an American actress, comedian, author, and television host experiences panic attacks every time on airplanes after witnessing a plane crash as a young child.



Facts

- 1. 70 percent of adults in the United States have experienced a traumatic event at least once in their lives.**
- 2. 8 percent of all adults will develop PTSD in their lifetime.**
- 3. 1 out of 10 women will get PTSD at some time in their lives. Women are about twice as likely as men to develop PTSD.**



- 4. PTSD causes people to feel intense fear.**
- 5. Having PTSD for a long time causes brain damage**
- 6. Fear triggers many split-second changes in the body to help defend against danger.**
- 7. Not everyone with PTSD has been through a dangerous event.**
- 8. PTSD symptoms usually begin early, within 3 months of the traumatic event.**
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Opinion

In my opinion many people will ask, what is PTSD? Many people believe PTSD isn't really affecting many but that is just wrong. PTSD is a Post-traumatic stress disorder diagnosed to many who have witnessed or experienced a terrifying event and even those who have not been through a dangerous event. PTSD can even sometimes happen to people who have lost a family member



close to them who they had cherished. What i also think that people dont understand about PTSD can also change the way you think about yourself like, You may not have positive or loving feelings toward other people and may stay away from relationships, You may forget about parts of the traumatic event or not be able to talk about them, and You may think the world is completely dangerous, and no one can be trusted.

Solutions

Some people diagnosed with PTSD are considered dangerous to communities due to their symptoms and their problems in everyday life. PTSD have many symptoms while it has a few solutions but these solutions can help with coping with PTSD. You can help cope with PTSD by exercising your body to make your body release endorphins to make yourself feel better. You can also self-regulate your nervous system by reconnecting to emotional memories and overcoming them, which can make a huge difference in your ability to manage stress, balance your moods, and take back control of your life. Face-to-face connection with people who make you feel safe and val-





ued is the quickest, most effective way of bringing your nervous system back into balance. The kind and caring support of others can be vital to recovery. Always look for someone you can talk to for an uninterrupted period of time, someone who will listen to you without judging, criticizing, or continually being distracted. That person may be your significant other, a family member, a friend, or professional therapist. By staying away from alcohol and drugs can help you recover quicker because substance abuse will worsen many symptoms of PTSD. Getting professional treatment is also available for people diagnosed with PTSD. When looking for a therapist, seek out mental health professionals who specialize in the treatment of trauma and PTSD.



Sources

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