



# PTSD

**FOCUS: Early support, self-care, education, and gentle intervention.**

- **Psychoeducation:** Learn about PTSD—understanding your symptoms helps reduce fear and stigma.
- **Establish Routines:** Create structure in your day; regular sleep, meals, and physical activity support emotional regulation.
- **Practice Mindfulness:** Gentle breathing exercises, meditation, or grounding techniques can ease anxiety.
- **Social Support:** Talk to a trusted friend or join a support group. You're not alone.
- **Journaling:** Track your moods, triggers, and calming strategies. Self-reflection promotes healing.