



# PTSD

**FOCUS:** Clinical support, emotional processing, and deeper coping strategies.

- **Begin Trauma-Focused Therapy: Cognitive Behavioral Therapy (CBT) or EMDR (Eye Movement Desensitization and Reprocessing) can help process trauma.**
- **Medication Consultation: Speak to a mental health professional about medications for managing anxiety, sleep, or mood.**
- **Limit Avoidance: Gently reintroduce activities or environments that may trigger you, with support and pacing.**
- **Build a Coping Toolbox: Learn emotional regulation tools like distress tolerance skills or progressive muscle relaxation.**
- **Maintain Support Network: Consistent check-ins with therapists, peers, or support groups are vital.**