

DOWNLOAD PDF EVERYTHING YOU NEED TO KNOW ABOUT NATURAL DISASTERS AND POST-TRAUMATIC STRESS DISORDER

Chapter 1 : The 6 Main Types of Anxiety - Which Do You Have?

An important exploration of the severe emotional trauma that can result from posttraumatic stress disorder shows how natural disasters can have long-term psychological effects and offers counseling and information for those suffering from this disorder.

A Personal experience by Megan Life is beautiful to most people who have only ever experienced the joys of life; for people who wake up each day, facing the same pleasant experiences with no worries or fears. But for a long time life has not felt beautiful to me. My life has been a living hell for the last four years. This is not because I am poor; I have enough food and a roof over my head. In fact, I have everything that I need as a human being. Indeed, I own a beautiful apartment and drive my own car, I wear expensive clothes and so much more. In addition, I have a beautiful daughter whom I love so much. So, why am I saying my life is a living hell? How it all Began It all began five years ago. I still remember snippets of that day like it was only yesterday; hearing the shouts, screams and pools of blood everywhere on the floor. On the day that changed my life, I had gone shopping to one of the busiest malls in the city of Chicago. My plan was to spend around an hour in the mall and to pick my niece up after school, which was at least half an hour drive from where I was. After one hour, I received a phone call from my sister telling me that she had decided to pick up her daughter because her appointment had been cancelled. The Trauma at the Mall I remember going up the escalators to look at a different collection of handbags. People were moving up and down, popping in and out of shops just like in any other busy shopping mall. Suddenly, out of nowhere there was the most enormous bang. It was like a bomb or an explosion. I initially thought that maybe a floor had collapsed and I thought about running down the stairs, avoiding the elevator in case the building collapsed. Before I even had time to fully formulate my escape plan, the ongoing screams and another gunshot made me realize that the building had not collapsed. This must be a terrorist attack, a robbery or something else. I had to do something else fast. My fight-or-flight response fully kicked in and I was shaking, breathless and terrified. Thank God my hand was suddenly grabbed by one of the employees of the mall telling me she knew a perfect spot to hide. I remember a room full of boxes and empty cartons which I later realized was a store. We hid under an old table behind the boxes. It took a total of three, long, never-ending hours in the store room for all the chaos to end. Furthermore, I was totally mute, I could not make a sound or even move. We were gently led out of the room. Walking past the dead customers and dead cashiers was even more traumatizing. These are the images that I have lived with ever since and they have become part of my daily life to date. Regularly, I would see images of the dead people and wake myself and my boyfriend in the night screaming. I guess it explains one of the main reasons why we broke up, I was no longer fun. The anxiety symptoms that I experienced each and every day were crippling. In fact, I remember my now ex boyfriend told me that my cries and screams at night were making him uncomfortable. I had not planned on suffering with Post-traumatic stress disorder and I hated the person it had changed me into. After the Aftermath It took me another year of cognitive-behavioral therapy and anxiety medication to keep me sane. My last therapist and my supportive family did everything they could to help. My family understood my triggers which included boxes, cartons, shopping malls, enclosed spaces and loud noises. They kept the environment as calm and soothing as possible. I hate thinking about death and why one person would kill someone else but I guess the world is different and each of us think and behave differently. It is an ugly fact but we have to accept that. Healing One piece of advice I would give anyone reading this, or who is going through post-traumatic stress disorder, is never to give up hope. You will get better. If you suspect you have PTSD please seek professional help. Make sure you surround yourself with people who understand your condition and are willing to help you overcome it. Look for those who will stay by your side when those memories burst in and overwhelm you, even in the middle of the night. Surround yourself with lovely music, food, people, anything that makes you calm and happy. Get help from whoever can give it to you. Read everything you can about your condition. Forgive yourself for how you feel and know

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that it is not your fault. Always remember, You deserve to survive because you survived! You are a survivor.

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Chapter 2 : PTSD: Symptoms, Self-Help, and Treatment Alternatives

Add tags for "Everything you need to know about natural disasters and post-traumatic stress disorder". Be the first.

The following 10 facts are likely to surprise you. Some with PTSD will have flashbacks and nightmares about the event, and some will feel emotionally numb and disengaged. Sleeplessness, feeling jumpy, and difficulty concentrating are also common. The authors concluded sexual trauma may actually cause more post-traumatic stress than any other type of trauma, including war. Psych Central says finding a connection and mutual trust with a therapist is incredibly important when dealing with any mental disorder – it can make or break your counseling experience. Symptoms are not always obvious The symptoms are not always noticeable to others. Thinkstock While some symptoms are clear-cut, others are not obvious to the person experiencing them or to the loved ones around them. Unfortunately, avoiding the event in conversation can lead those closest to the person with PTSD to believe the bad memories are finally being dealt with. Psychotherapy involves talking to a licensed mental health counselor or social worker, and this can either be done alone or in a group setting. Group therapy may be preferable for some, as it provides a supportive environment without the isolation of traditional therapy. There are different types of flashbacks Flashbacks occur in some patients differently than in others. After one sight or sound, their brain brings them right back to where the traumatic event occurred, causing them to relive the scary moment. Exercise is helpful Exercise can help. Exercise has known benefits for those who are stressed or depressed, and studies are showing exercise may be just as beneficial as traditional therapy. Jasper Smits, a licensed psychologist, tells The Guardian he found PTSD patients who exercised three times a week for two weeks reaped the same benefits as those who attended 12 therapy weekly therapy sessions. More studies need to be done to prove whether or not exercise is just as good as therapy, but results look promising. At the very least, PTSD patients can greatly benefit from a combination of both. Not everyone has the same trauma threshold Everyone experiences trauma differently. While some people are able to brush off past events, others are not able to sweep away such memories. You may be wondering what counts as trauma, anyway. After all, everyone experiences negative feelings, rejection, serious illnesses, and financial struggles. According to the U. Any event that can cause an adult to develop PTSD can also cause a child to develop it – living through natural disasters, car crashes, sexual abuse, or neglect can all lead to the disorder. In young children between 5 and 12 years old, they may incorporate parts of their trauma in with their play they may pretend to hold a gun during playtime if they witnessed a shooting, for example. While PTSD may be unavoidable in some severe instances, a supportive family helps. And these numbers are just veterans, which means there are many more people in the U.

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Chapter 3 : PTSD: everything you need to know | Visit - Free chat with a Doctor

When you think of post-traumatic stress disorder, we're betting you're picturing soldiers who have trouble coping once they're back home. You're not necessarily wrong –" the National.

Only a mental health professional is qualified to diagnose you with a mental health disorder. The reality is that if you feel as though your anxiety is causing a problem in your life, it may be beneficial to seek help. Some anxiety in life is normal, but anxiety that disrupts your quality of life is still a problem. Find out your specific type of anxiety. Accept that your anxiety is a problem. Understand your anxiety causes and triggers. Break them down into smaller pieces that you can manage. Change your lifestyle to be more anxiety free. GAD affects tens of millions of people throughout the world. Remember, some anxiety is a natural part of life, and some degree of anxiety is normal to feel occasionally. The following are the most common problems associated with GAD: Constant restlessness, irritation, edginess, or a feeling of being without control. Fatigue, lethargy, or generally low energy levels feeling drained. Tense muscles, especially on the back, neck, and shoulders. Trouble concentrating or focusing on tasks or activities. Obsessing over negative and anxiety causing thoughts –" "Disaster Thinking. Did you know you can suffer from more than one anxiety disorder? Generalized anxiety disorder appears to be very common in those with other anxiety disorders, especially panic disorder and obsessive-compulsive disorder. Some degree of social phobia is normal. Small degrees of shyness in public places, or discomfort while public speaking, are natural in most people and do not imply an anxiety problem. Social phobia is when the shyness is intense, and the idea of socializing or speaking with the public, strangers, authority figures, or possibly even your friends causes you noticeable anxiety and fear. People with social phobia view public situations as being potentially painful and distressing, living with a constant fear of being judged, observed, remarked upon, or avoided. Those with social phobia also often have an irrational fear of doing something stupid or embarrassing. What makes this more than just shyness is when those fears cause you to avoid healthy socializing situations altogether. Those with social phobia often live with two or more of the following issues: Feeling hopeless or fearful of unfamiliar people or in unfamiliar situations. Obsession over being watched, observed, or judged by strangers. Experiencing overwhelming anxiety in any social situation with difficulty coping. Severe fear of public speaking –" beyond what one would consider "normal" Anxiousness about the idea of social situations, even when not in one. Intense issues meeting new people or voicing up when you need to speak. Many people with social phobia display avoidance behaviors. They avoid any social situations as best they can to avoid further fear. Panic disorder is not about "panicking. That type of panic is normal. Panic disorder is when you experience severe feelings of doom that cause both mental and physical symptoms that can be so intense that some people call an ambulance, worried that something is dangerously wrong with their health. Panic disorder is characterized by two things: Fear of getting panic attacks. Panic attacks are intense physical and mental sensations that can be triggered by stress, anxiety, or by nothing at all. They often involve mental distress, but are most well-known for their physical symptoms, including: Tingling sensations, numbness, or weakness in the body. Chest pain or stomach pain. Panic attacks may have some or all of the above physical symptoms, and may also involve unusual symptoms as well, like headaches, ear pressure, and more. All of these symptoms feel very real, which is why those that experience panic attacks often seek medical attention for their health. Panic attacks are also known for their mental "symptoms" which peak about 10 minutes into a panic attack. Severe anxiety, especially health anxiety. That is why many people feel as though something is very wrong with their health. Panic attacks can be triggered by an over-sensitivity to body sensations, by stress, or by nothing at all. Panic disorder can be very hard to control without help. Seeking assistance right away for your panic attacks is an important tool for stopping them so that you can learn the techniques necessary to cure this panic. You can also have panic disorder without experiencing many panic attacks. If you live in constant fear of a panic attack, you may also qualify for a panic disorder diagnosis. In those cases, your anxiety may resemble generalized anxiety disorder,

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but the fear, in this case, is known. Specific Phobias Phobias are intense feelings of fear because of objects, scenarios, animals, etc. Phobias generally bring about disaster thinking believing that the worst will happen or avoidance behaviors doing whatever it takes to avoid the phobia. An example of a common phobia is arachnophobia or fear of spiders. Very few spiders are likely to bite, and even fewer are dangerous, and yet many people experience a feeling of severe dread at even the idea of a spider. Other examples of common phobias include snakes, airplanes, thunderstorms, and blood. Phobias do count as an anxiety disorder, although some people can go their entire life with a phobia and not require treatment. For example, if you have a fear of chickens, but live nowhere near a farm, then while you do have a very real phobia it may not be disruptive. But if at any point your life starts to change as a result of your phobia, then you have a real issue. Excessive, constant fear of a specific situation or event. Instant feeling of terror when confronted with the subject of your phobia. Going to great lengths to avoid the situation or object that causes you fear. Experiencing restrictions to your normal routine as a result of the fear. For some people who have severe phobias, the mere idea of the object they fear even if it is not present causes stress or anxiety or otherwise affects their life. Many people have small phobias they can manage, but if the phobia ever starts to genuinely affect your ability to live a quality life, you may need to find a treatment solution. Agoraphobia is the fear of going out in public, either the fear of open spaces or the fear of being in unfamiliar places. Many people with agoraphobia either never leave their home, or do anything they can to avoid traveling anywhere other than their home and office. Some people can go to the grocery store or other familiar places but otherwise experience intense, nearly debilitating fear anywhere else. People experience panic attacks in public places, so they start to avoid more and more places to avoid panic attacks until they are afraid to go outside. Some people experience agoraphobia after traumatic events as well. Agoraphobia is more common in adults. Many also fear losing control both psychologically and physically , causing them to avoid social situations. Not everyone living with agoraphobia spends all their time in their home. In fact, some of the more common symptoms include: Obsessive fear of socializing with groups of people, regardless of whether or not you know them. Feelings of tension and stress even during regular activities, such as going to the store, talking with strangers, or even just stepping outdoors. Preoccupation with how to protect yourself or find safety if some type of trouble occurs, even with little reason to believe trouble will occur. Finding that your own fears are keeping you prisoner and preventing you from going out and living life because of that fear. Many people experience moments where they feel vulnerable outdoors and prefer to stay safe in their homes. But when the fear seems to persist for a long period of time or is holding you back from living an enjoyable life, you may have agoraphobia. Most people are lucky enough to avoid these dangers and live a nice and safe life. But in some cases, you may experience a life trauma “ either physically or emotionally ” and this can cause an anxiety problem known as post-traumatic stress disorder. As the name implies, PTSD is an anxiety disorder that comes after the traumatic event has occurred. Those living with PTSD often must get outside help, because PTSD can affect people for years after the event occurs “ possibly even for the rest of their life. PTSD affects people both psychologically and physically. Those with PTSD often relive the trauma not only emotionally “ in some cases, they may relive the trauma mentally and physically, as though transported back to the event. These triggers are often related to the event, such as loud noises when the event involved loud noises or intense fear when someone is behind you if you were attacked from behind. It also may be triggered by thoughts of the event. Anxiety Over Recurrence Like with panic attacks, you may also have PTSD if you have developed severe anxiety over the event occurring again. If you experience regular, daily anxiety over the idea of a repeat of the event, it may also be PTSD. Some feel a disinterest or detachment from love. Others become emotionally numb. Any and all of these emotional struggles may be common in those with PTSD. Many of those with PTSD also experience avoidance behaviors of events, things, and even people that may remind them of the event “ even if there is no link between these issues and the trauma. Those with post-traumatic stress disorder may be at a greater baseline of stress on most days. They may be short-tempered or easy to anger. PTSD can be a difficult problem to live with. Those with OCD often exhibit behaviors and

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fears that are not only confusing to those around you – they may be confusing to the person with OCD as well.

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Chapter 4 : FREE 3-Minute PTSD Test/Quiz: Get Instant Results

Everything You Need to Know About Post Traumatic Stress Disorder (PTSD) No one wants to suffer from post-traumatic stress disorder, or PTSD. That's because to get PTSD, you have to go through trauma, and many of these traumas can be so painful that they create lasting problems controlling your stress and anxiety levels.

Although PTSD is mostly an affliction contributed to combat veterans, it can occur in all people, in any ethnicity, nationality, culture, or age. While a diagnosis of PTSD requires exposure to an upsetting traumatic event, that exposure could be indirect rather than first hand. Many different methods have been used to treat symptoms of PTSD throughout the years. While psychotherapy and prescription drug treatments have been the primary methods; natural treatments including CBD are emerging as suitable and accepted forms of successfully treating PTSD. Diagnosing PTSD The inherent nature of mental disorders makes them difficult to diagnose; for a professional to diagnose a patient with PTSD, they must experience all of the following symptoms for at least 1 month. At least one re-experiencing symptom. Words, objects, or situations can trigger re-experiencing symptoms. At least one avoidance symptom. Avoiding thoughts, feelings, places, events or objects that reminds a person of a traumatic event can trigger an avoidance symptom. These symptoms cause a person to change his or her personal routine, such as avoiding cars after a car accident. At least two arousal and reactivity symptoms. Arousal symptoms, on the other hand, are constant. This would be referring to symptoms such as difficulties concentrating or insomnia. These symptoms cause stress and anger, and may cause difficulty eating, sleeping, or concentrating. These symptoms are usually related to the anxiety, insomnia and outbursts connected to PTSD. At least two cognition and mood symptoms. These symptoms begin or worsen after a traumatic experience, but are not due to any injury sustained in the event. The symptoms include loss of enjoyment, distorted feelings, negative and pessimistic thoughts, and trouble recalling significant features of the event. The use of psychiatric drugs, such as antidepressants, is another popular method for controlling PTSD symptoms. Both methods, while accepted as effective methods, have been under scrutiny by medical professionals, as studies suggest that traditional drugs may not be the healthiest or most effective course of treatment. Most prescriptions for PTSD are used to treat symptoms of the disorder rather than the root causes, and they are not intended for trauma treatment. For instance, Prazosin, a medicine used to treat high blood pressure, is prescribed to PTSD sufferers as a means to combat sleep problems. Antidepressants are used to control anxiety caused by trauma, but tend to suppress the symptoms of PTSD not cure them. While prescription drugs can be helpful in providing relief from day to day symptoms of suffering individuals, they are also linked to addiction and can also result in additional side effects. Psychotherapy addresses the root causes of symptoms and helps victims to work through the trauma to eventually be healed long term from PTSD. While valuable and often effective, the process can be expensive, extensive, strenuous, and results vary on a case by case basis. Using CBD For PTSD There is no ideal drug treatment for PTSD sufferers, clinical^{5,6,7} or preclinical;^{8,9,10} however, studies suggest that the endocannabinoid system, which plays an essential role in maintaining emotional homeostasis and in regulating memory retrieval, consolidation and most importantly extinction, is a possible and ideal target to treat both the emotional and cognitive characterizations of PTSD. The endocannabinoid system, first discovered in by Israeli researcher Dr. Ralph Mechoulam, is made up of two main receptors. These receptors, cannabinoid 1 CB1 and cannabinoid 2 CB2, were found to be an integral part of all human and animal physiologies, and are only configured to accept cannabinoids, especially tetrahydrocannabinol THC and cannabidiol CBD. These receptors have been found to modulate the release of neurotransmitters and produce a wide range of effects on the central nervous system, including pleasure and the alteration of the memory process. Research suggests that the cannabinoids found in CBD have the ability to work in conjunction with the cannabinoid receptors to block the continuous retrieval of traumatic events and reduce the anxieties associated with it. The positive effects of CBD can help PTSD patients manage the core symptoms of the

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condition which include re-experiencing, avoidance, and hyperarousal. CBD has become an alternative to traditional drug and psychotherapy treatments in recent years and at least 24 states have approved CBD and cannabinoids for treatment of post-traumatic stress disorder. Frequently used for coping purposes by combat veterans, CBD has proven to be a suitable replacement for traditional drugs in treating emotional regulation, stress tolerance, irregular sleeping patterns, nightmares, social anxieties and lessening the effects of triggers. While there is no cure for PTSD, CBD is a suitable replacement, backed by medical research, for both drug and psychotherapeutic means of controlling and treating symptoms. Traditionally, PTSD is very difficult to treat due to the plethora of symptoms. While most treatment options only focus on treating a few symptoms, CBD has the ability to treat a wide range of symptoms associated with the disorder. It has the ability to reduce anxiety, help with depression, fight insomnia, and reduce or eliminate flashbacks without the risk of possible substance abuse. Kava root is a powerful relaxant agent that is helpful in treating and controlling panic attacks and nervous episodes that can be brought on by PTSD. A powerful natural muscle relaxant, current research supports the claims of treating generalized anxiety and depression with kava root. A medicinal plant that has been used for generations in traditional Eastern medicine, skullcap has been used as a relaxation and calming agent that assists with sleep, and has even been used as a substitute for muscle relaxers. Skullcap has been studied and identified as a drug-free alternative for soothing nervous system disorders. One of the most natural ways to flood the body with positive endorphins and compounds is exercise. The rush of endorphins that result from strenuous workouts can lower stress hormone levels, increase appetite, and make it easier to relax and sleep. Many PTSD sufferers experience insomnia, nightmares, and other restless conditions when they attempt to sleep. Valerian, a powerful sleep aid, can help to ensure restful and healthy sleep. Although the terms counseling and psychotherapy can be used interchangeably, there is a difference in both as treatment methods. Psychotherapy, often used as a PTSD treatment, is a long-term treatment that focuses on a broad range of issues, how to manage symptoms, and believes in following medical recommendations. Counseling, on the other hand, focuses on specific issues and symptoms and is designed to help a person address specific problems. The focus may be on problem-solving or learning techniques for coping, managing symptoms, or avoiding problem areas.

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Chapter 5 : Everything you need to know about PTSD

The Hardcover of the Everything You Need to Know about Natural Disasters and Post-Traumatic Stress Disorder by Richard Sando Lee, Mary Price Lee | at.

Please enter a valid email address Submit We respect your privacy. Two bombs explode in the crowded streets near the finish line of the Boston Marathon. Three people are killed, including an 8-year-old watching his father run, and more than are injured. But there are thousands who will leave the race with post-traumatic stress symptoms. Although not all will develop what we define today as Post-traumatic Stress Disorder, an understanding of PTSD is crucial these days with the increase in terrorist attacks and mass shootings in this country. Here are five things you should know. PTSD can develop at any age, including childhood, but research shows that the median age of onset is 23 years. The most common include: Reliving or re-experiencing the event, either as flashbacks “where you feel as though you are going through it again” or as nightmares or night terrors. Avoiding situations that remind you of the event. Feeling numb, unable to express emotions and an inability to discuss parts of the trauma. Feeling keyed up, jittery, angry, paranoid, or irritable—a state called hyperarousal. PTSD researchers have pinpointed genes that make a protein called stathmin. According to one study mice that did not make this protein did not freeze in response to danger and were less fearful of exploring open spaces. Also relevant is gastrin-releasing peptide GRP , a chemical released in the brain during emotional events. In mice, this chemical helps to control the fear response. The 5-HTTLPR gene, which controls levels of serotonin a brain chemical that fuels a fear response influences fear memories. The Old and New Brain The almond-shaped structure known as the amygdala plays a central role in emotion, learning, and memory. Our prefrontal cortex, on the other hand, is the more sophisticated part of our brain that is involved in decision-making, problem-solving, and judgment. Within this anterior part of the front lobes of the brain lies an opportunity for recovery from fixed memories. Treatments Cognitive Behavioral Therapy The most effective treatment today for PTSD is cognitive behavioral therapy, a kind of counseling that involves meeting with your therapist once a week for up to four months. The purpose of CBT is to identify distorted thoughts and replacing those thoughts with more accurate, less distressing thoughts. Exposure Therapy Exposure therapy attempts to help the person face that which he is afraid of and gain control of the fear and distress. Depending on the kind of trauma, different variations can be used: EMDR In eye movement desensitization and reprocessing, a person talks about his memories while focusing on other stimuli like eye movements, hand taps, and sounds. According to Francine Shapiro, Ph. So, the person only needs to focus briefly on the disturbing memory as the internal associations are made. The views and opinions expressed in this article are those of the author and not Everyday Health. See More Any opinions, advice, statements, services, advertisements, offers or other information or content expressed or made available through the Sites by third parties, including information providers, are those of the respective authors or distributors and not Everyday Health. Neither Everyday Health, its Licensors nor any third-party content providers guarantee the accuracy, completeness or usefulness of any content. You may be exposed through the Sites or Services to content that violates our policies, is sexually explicit or is otherwise offensive. You access the Sites and Services at your own risk. We take no responsibility for your exposure to third party content on the Sites or the Services. Everyday Health and its Licensors do not assume, and expressly disclaim, any obligation to obtain and include any information other than that provided to it by its third party sources. It should be understood that we do not advocate the use of any product or procedure described in the Sites or through the Services, nor are we responsible for misuse of a product or procedure due to typographical error.

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Chapter 6 : PTSD and Hypertension: What's the Connection? | Everyday Health

Post-Traumatic Stress Disorder (And How It Affects More People Than You Might Think) If you think of PTSD as a military issue, you're not alone; here's what you need to know about this universal disorder.

Muscle tension Healing from trauma Trauma symptoms typically last from a few days to a few months, gradually fading as you process the unsettling event. Symptoms, Treatment, and Self-Help Whether or not a traumatic event involves death, you as a survivor must cope with the loss, at least temporarily, of your sense of safety. The natural reaction to this loss is grief. The following tips can help you cope with the sense of grief, heal from the trauma, and move on with your life. Trauma recovery tip 1: As well as burning off adrenaline and releasing endorphins, exercise and movement can actually help repair your nervous system. Try to exercise for 30 minutes or more on most days. Exercise that is rhythmic and engages both your arms and legs—such as walking, running, swimming, basketball, or even dancing—works best. Add a mindfulness element. Instead of focusing on your thoughts or distracting yourself while you exercise, really focus on your body and how it feels as you move. Notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of wind on your skin. Rock climbing, boxing, weight training, or martial arts can make this easier—after all, you need to focus on your body movements during these activities in order to avoid injury. Connecting to others face to face will help you heal, so make an effort to maintain your relationships and avoid spending too much time alone. In fact, for some people, that can just make things worse. Comfort comes from feeling engaged and accepted by others. Turn to a trusted family member, friend, counselor, or clergyman. Reconnect with old friends. Join a support group for trauma survivors. Being with others who are facing the same problems can help reduce your sense of isolation and hearing how others cope can help inspire you in your own recovery. As well as helping others, volunteering can be a great way to challenge the sense of helplessness that often accompanies trauma. Remind yourself of your strengths and reclaim your sense of power by helping others. If connecting to others is difficult Many people who have experienced trauma feel disconnected, withdrawn and find it difficult to connect with other people. If that describes you, there are some things you can do before you next sit down with a friend: Jump up and down, swing your arms and legs, or just flail around. As strange as it sounds, vocal toning is a great way to open up to social engagement. Change the pitch and volume until you experience a pleasant vibration in your face. Not only will it help relieve the anxiety associated with trauma, but it will also engender a greater sense of control. If you are feeling disoriented, confused, or upset, a quick way to calm yourself is through mindful breathing. Simply take 60 breaths, focusing your attention on each out breath. Does a specific sight, smell or taste quickly make you feel calm? Or maybe petting an animal or listening to music works to quickly soothe you? Everyone responds to sensory input a little differently, so experiment with different quick stress relief techniques to find what works best for you. To feel in the present and more grounded, sit on a chair. Feel your feet on the ground and your back against the chair. Look around you and pick six objects that have red or blue in them. Notice how your breathing gets deeper and calmer. Allow yourself to feel what you feel when you feel it. Acknowledge your feelings about the trauma as they arise and accept them. Get plenty of sleep. After a traumatic experience, worry or fear may disturb your sleep patterns. But a lack of quality sleep can exacerbate your trauma symptoms and make it harder to maintain your emotional balance. Go to sleep and get up at the same time each day and aim for 7 to 9 hours of sleep each night. Avoid alcohol and drugs. Their use can worsen your trauma symptoms and increase feelings of depression, anxiety, and isolation. Eat a well-balanced diet. Eating small, well-balanced meals throughout the day will help you keep your energy up and minimize mood swings. Try relaxation techniques such as meditation, yoga, or deep breathing exercises. Schedule time for activities that bring you joy such as favorite hobbies. When to seek professional therapy for trauma Recovering from trauma takes time, and everyone heals at their own pace. Having trouble functioning at home or work Suffering from severe fear, anxiety, or depression Unable to form close, satisfying relationships

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Experiencing terrifying memories, nightmares, or flashbacks Avoiding more and more things that remind you of the trauma Emotionally numb and disconnected from others Using alcohol or drugs to feel better Working through trauma can be scary, painful, and potentially re-traumatizing, so this healing work is best done with the help of an experienced trauma specialist. Finding the right therapist may take some time. But the quality of the relationship with your therapist is equally important. Choose a trauma specialist you feel comfortable with. Did you feel comfortable discussing your problems with the therapist? Did you feel like the therapist understood what you were talking about? Were your concerns taken seriously or were they minimized or dismissed? Were you treated with compassion and respect? Do you believe that you could grow to trust the therapist? A trauma specialist may use a variety of different therapy approaches in your treatment. Somatic experiencing focuses on bodily sensations, rather than thoughts and memories about the traumatic event. Cognitive-behavioral therapy helps you process and evaluate your thoughts and feelings about a trauma. EMDR Eye Movement Desensitization and Reprocessing incorporates elements of cognitive-behavioral therapy with eye movements or other forms of rhythmic, left-right stimulation that can "unfreeze" traumatic memories. Helping a loved one deal with trauma When a loved one has suffered trauma, your support can be a crucial factor in their recovery. Be patient and understanding. Healing from trauma takes time. That may mean help with collecting groceries or housework, for example, or simply being available to talk or listen. Some trauma survivors find it difficult to talk about what happened. Help your loved one to socialize and relax. Encourage them to participate in physical exercise, seek out friends, and pursue hobbies and other activities that bring them pleasure. Take a fitness class together or set a regular lunch date with friends. Your loved one may become angry, irritable, withdrawn, or emotionally distant. Remember that this is a result of the trauma and may not have anything to do with you or your relationship. Your child may also look to you for cues on how they should respond to trauma so let them see you dealing with symptoms in a positive way. How children react to emotional and psychological trauma Some common reactions to trauma and ways to help your child deal with them: Many children need to return to an earlier stage when they felt safer. Younger children may wet the bed or want a bottle; older children may fear being alone. Thinking the event is their fault. Children younger than 8 tend to think that if something goes wrong, it must be their fault. Be sure your child understands that he or she did not cause the event. Some children have difficulty falling to sleep; others wake frequently or have troubling dreams. Give your child a stuffed animal, soft blanket, or flashlight to take to bed. Try spending extra time together in the evening, doing quiet activities or reading. It may take a while before your child can sleep through the night again. Being active in a campaign to prevent an event from happening again, writing thank you letters to people who have helped, and caring for others can bring a sense of hope and control to everyone in the family.

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Chapter 7 : Emotional and Psychological Trauma: Healing from Trauma and Moving On

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Stress is a situation that triggers a particular biological response. When you perceive a threat or a major challenge, chemicals and hormones surge throughout your body. Stress triggers your fight-or-flight response in order to fight the stressor or run away from it. Typically, after the response occurs, your body should relax. Too much constant stress can have negative effects on your long-term health. Is all stress bad? It can be healthy when it helps you avoid an accident, meet a tight deadline, or keep your wits about you amid chaos. We all feel stressed at times, but what one person finds stressful may be very different from what another finds stressful. An example of this would be public speaking. Some love the thrill of it and others become paralyzed at the very thought. Your wedding day, for example, may be considered a good form of stress. But stress should be temporary. In a short time, your body should return to its natural state without any lasting negative effects. On the other hand, severe, frequent, or prolonged stress can be mentally and physically harmful. Twenty percent reported being under extreme stress. Defining stress Stress is a normal biological reaction to a potentially dangerous situation. When you encounter sudden stress, your brain floods your body with chemicals and hormones such as adrenaline and cortisol. That gets your heart beating faster and sends blood to muscles and important organs. You feel energized and have heightened awareness so you can focus on your immediate needs. These are the different stages of stress and how people adapt. When you sense danger, the hypothalamus at the base of your brain reacts. It sends nerve and hormone signals to your adrenal glands , which release an abundance of hormones. One of these hormones is adrenaline. You might also know it as epinephrine, or the fight-or-flight hormone. In rapid fashion, adrenaline works to:

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Chapter 8 : 5 Things You Should Know About Posttraumatic Stress Disorder

Post-Traumatic Stress Disorder You may start to feel better after days or weeks, but sometimes, these feelings don't go away. If the symptoms last for more than a month, you may have post-traumatic stress disorder or PTSD.

MAIL Post-traumatic stress disorder, or PTSD, is often thought of in terms of its effect on military veterans who have witnessed or participated in the horrors of war. The reality of this life-altering disorder is that it can occur after any type of trauma, from being a victim of violence to enduring a catastrophic natural disaster to being bitten by a dog as a child. Considering the ubiquitous nature of trauma and the When it comes to PTSD, knowledge is empowering for everyone. What is post-traumatic stress disorder? Events that may lead to PTSD include, but are not limited to, violent personal assaults, natural or human-caused disasters, accidents, combat, and other forms of violence. People suffering from uncomplicated PTSD seek out ways to avoid the traumatic event through denial and this can lead to detachment from people and real world situations. As a result of natural coping mechanisms in the brain, sufferers of complex PTSD often have the false belief that if the trauma is never spoken about they will be okay. This belief is caused by the disconnect the survivor has placed between themselves and their trauma. Acute Stress Disorder This disorder is defined as the formation of severe anxiety, dissociation, and emotional detachment. Those who suffer from acute stress disorder are likely to avoid anything or anyone who reminds them of the original trauma and may become easily irritated or startled and experience difficulty sleeping. Comorbid PTSD Current data shows that the majority of people suffering from PTSD have also been diagnosed with at least one other psychiatric disorder such as anxiety, depression, or substance abuse. Scientists believe that the higher risk for drug and alcohol abuse in these individuals can be largely explained by the increased likelihood of self-medication. How is post-traumatic stress disorder diagnosed? Exposure They must have been exposed to death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence such as direct exposure, actually witnessing the trauma, learning a loved one was exposed to trauma, or indirect exposure to trauma through professional duties. Re-Experiencing They must have at least one re-experiencing symptom, such as unwanted and upsetting memories, nightmares, flashbacks, emotional distress, and physical reactivity to traumatic reminders. Avoidance They must have at least one avoidance symptom, such as avoidance of trauma-related thoughts, feelings, or trauma-related reminders. Arousal and Reactivity They must have at least two arousal and reactivity symptoms, such as irritability or aggression, risky or destructive behavior, increased alertness to their surroundings, heightened startle reaction, difficulty concentrating, and difficulty sleeping. Cognition and Mood At least two cognition and mood symptoms, such as trouble remembering important features of the event, overly negative thoughts about themselves and the world, exaggerated blame of themselves or others for causing the trauma, negative mood, decreased interest in activities that once brought joy, feelings of isolation, and difficulty feeling happiness. Post-Traumatic Stress Disorder and Young Children Young children can be susceptible to PTSD if they have experienced trauma such as death of a loved one, abuse, neglect, war, disaster, and even dog bites although the symptoms may be slightly different than those of an adult. Young children can have difficulties remembering the correct sequence of events that occurred at the time of the trauma. Post-Traumatic Stress Disorder and Teens Teens experiencing PTSD have symptoms that may include separation anxiety, difficulty with impulse control which can manifest as problems with drugs and alcohol, and aggressive behavior such as instigating fights with friends and family members. Post-Traumatic Stress Disorder and Women Although women have a slightly lower chance of experiencing trauma when compared to men around 50 percent of women will endure trauma during their lives, women are over two times as likely to develop PTSD. The sad truth is that women have a much higher chance of experiencing rape, sexual abuse, childhood sexual abuse, or physical and mental abuse at the hands of their partners. PTSD symptoms for women can include an overall sense of nervousness, becoming easily frightened, developing anxiety and depression, and avoidant behavior. Women are also more likely to shoulder

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the blame for incidents of trauma, placing responsibility on themselves even if they were the victim. Why does post-traumatic stress disorder happen? Unfortunately, the reality of PTSD is that anyone who experiences trauma is at risk of developing the disorder. I have been struggling with PTSD for 17 years. For a long time, I never knew what it was or what was happening to me. When I was 16 I watched my father die of a massive heart attack in front of me. He was lying on the couch downstairs. I was upstairs on the computer and I remember my mom yelling his name over and over. I went downstairs to find him holding his chest and staring at me. It sounded like he was trying to say something but I was just trying to reassure him that the ambulance was on its way and that he was going to be okay. By the time we got to the hospital he had already passed away. This was 17 years ago last November. If anything would happen that related to health, I would panic. It would take me back to that image of my father in the couch. I now know that people die. They can die at any time and they can die right in front of me. If I had a pain in my chest, it was a heart attack. That thought, that image of him. I always just lived with this feeling. These thoughts and extreme fear were a part of my life now. I just assumed I was broken. Actually, I just assumed that everyone was going to die in front of me. They can be overwhelming, panic-inducing, and life-altering. For mothers, PTSD can be exceptionally difficult to deal with, let alone overcome when they are so busy taking care of their children. After having them and less sleep I really found myself having a hard time not thinking about my dad, and how much I loved him and how now I have these little boys that I love so much—more than anything in the world—and what if I lost them like I lost him? As a mother, I try to shield my kids from how I feel when I am panicking, but it is impossible. They see me react. They know I am afraid. I feel terrible about it. I worry constantly that I am going to give them fears that are irrational. Suddenly, good mental health hygiene practices such as plenty of sleep, time for self-care, and plenty of partner support that may have been common practice prior to having children can inadvertently be pushed aside by the demands of motherhood. I am so busy with work and being a mom that I am not taking care of my mental health nearly as much as I should be. Treatment of Post-Traumatic Stress Disorder: Different approaches and treatment options include: Specifically, a therapist will help a patient recognize self-doubt, social anxiety, and fear that the traumatic event will reoccur. CBT can combine talk therapy, journaling, and education about anxiety-management techniques.

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Chapter 9 : What You Need to Know about PTSD & Trauma - Health for Life

Other events that often lead to post traumatic stress disorder include sudden death of a family member or friend, plane or car crashes, sexual or physical assault, rape, kidnapping, childhood neglect and other traumatic events.

This might be a car crash, a rape or other sexual abuse, an earthquake, or other natural disaster, or an attack. Any situation where there was a risk of being killed or injured, seeing others killed or injured, or sometimes even hearing about such things, can result in PTSD. Some events are more likely than others to cause PTSD. Reactions to trauma deliberately caused by other people, such as physical assault or rape, seem to be worse than those caused by accidents or natural disasters. Living through PTSD can be an overwhelming, frightening, isolating and debilitating experience. People with PTSD may feel intense fear. They may feel that their world has fallen apart, that everything is black and that nothing makes sense. Worse still, they can often lose hope or the belief that they can recover and lead a worthwhile life. PTSD can affect people of any age, gender or culture. Adults or teenagers who have experienced childhood sexual or physical abuse may also experience PTSD. Children may be more vulnerable to PTSD than adults who have experienced the same stress or trauma. Their response to trauma may also be different. If not recognised and treated, PTSD can lead to depression and suicidal thoughts. This is especially so for people with a history of depression. Sometimes long-term distress and anxiety can lead to panic attacks and some people may develop eating disorders. Sometimes people can use alcohol or drugs to make themselves feel better, but this just increases the chance of developing alcohol and drug abuse issues. With timely recognition and treatment of PTSD you can get past the trauma and move on with your life. Their sleep is often disturbed and they may feel irritable and angry with themselves and others. Memory, concentration and decision-making are often affected. You may try to avoid any situations, people or events that remind you of the trauma. You may be unable to feel emotions even for the people you love or care for. You may feel detached from others and may lose interest in things you once enjoyed. The unpleasant feelings associated with the trauma keep coming back along with images, memories and intrusive thoughts about the event. There may be nightmares or bad dreams. Signs to look for in children include, disorganised or agitated behaviour. They may have nightmares, and they are likely to relive the trauma through repetitive play. This may be seen through artwork or in changes of behaviour towards other children, bullying, hitting etc. Physical symptoms may include stomachaches, headaches and bedwetting. How the doctor determines if someone has PTSD diagnosis The symptoms outlined above are common in the first few weeks after a significant trauma. Some people may have PTSD symptoms that occur within a month of the traumatic event, and these lessen and disappear within around four weeks. This is called acute stress disorder. If the symptoms persist beyond four weeks, and cause you intense distress and affect your everyday life, the diagnosis is changed to PTSD. Sometimes there is a delay of months or even years between the event and the onset of PTSD. If PTSD has been going on for several weeks, or is very severe, specialist help is needed, and your doctor will refer you to an appropriate mental health professional. Treatment options Treatment of PTSD can involve a number of aspects, each of which can be tailored to your individual need. It is important you use a mental health professional with experience in treating PTSD. Medication Your doctor may prescribe tranquillizers or other medications for anxiety or depression. Finding the right medication can be a matter of trial and error – there is no way to predict which medication will be effective and tolerated have fewer troublesome side effects by any one person. If you are prescribed medication you are entitled to know: Before making any decisions about taking medication at this time you should talk with your doctor about the potential benefits and problems. Therapists or counsellors involved in the treatment of PTSD use two main strategies – one that deals with the memories and feelings about the trauma and the other that offers relaxation training to lessen anxiety and fear. In traumatic situations, e. You will be helped through this by the team who assists you at the time of the incident. Some people find group therapy helpful, particularly when there are a number of people who have endured a similar trauma, e. In some instances the leader may be

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someone who has recovered from a past trauma. Some groups may offer support and a number of social activities. It should be consistent with and incorporate your cultural beliefs and practices. Complementary therapies The term complementary therapy is generally used to indicate therapies and treatments that differ from conventional western medicine and that may be used to complement and support it. Certain complementary therapies may enhance your life and help you to maintain wellbeing. In general, mindfulness, hypnotherapy, yoga, exercise, relaxation, massage, mirimiri and aromatherapy have all been shown to have some effect in alleviating mental distress. When considering taking any supplement, herbal or medicinal preparation you should consult your doctor to make sure it is safe and will not harm your health, for example, by interacting with any other medications you are taking. Make sure you get an annual check up with your doctor. Being in good physical health will also help your mental health. In the early days after the trauma give the person time and space to be alone if needed. As time goes by encourage them to get back into life again, but never force them. Try to make sure they get the help they need. Learn what you can about PTSD, its treatment and what you can do to assist recovery. Sometimes the person with PTSD finds it difficult to explain to others how hard it is for them, or they may have trouble understanding what is happening to them and their behaviour. Do not blame the person for having PTSD. Understand the symptoms for what they are rather than taking them personally or seeing the person as being difficult. Help the person to recognise stress and find ways of coping with it. This may include helping to solve problems that are worrying them. Find ways of getting time out for you and feeling okay about this. It is critical to do what is needed to maintain your own wellbeing. Get support for this immediately, eg, by talking to their GP or counsellor.