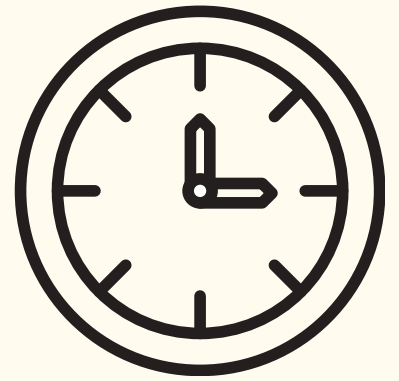




## 5 -Signs of PTSD

### 01 Sleep Disturbances

Sleep disturbances are very common in post-traumatic stress disorder (PTSD). In -nightmares ,insomnia, sleep avoidance and nocturnal panic attacks



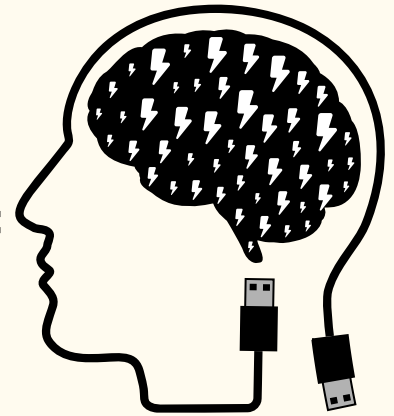
### 02 Depression and apathy

A loss of interest and pleasure . Sudden feelings of anger with no reason Aggression towards others. Poor concentration Experiencing Suicidal thoughts Feelings of shame and guilt



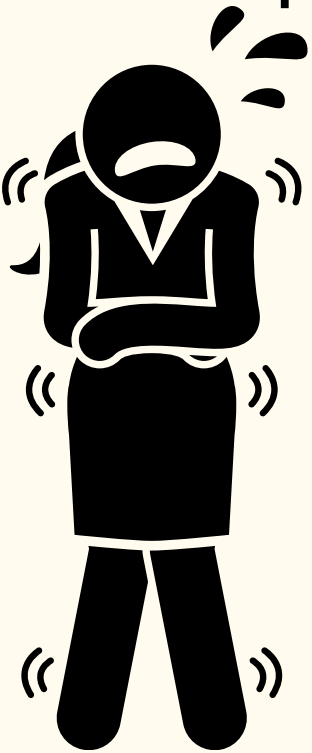
### 03 Flashbacks and Nightmares

Re-experiencing-reliving of the trauma through vivid nightmares and images. Intrusive thoughts. .Leading to avoidance of reminders of the Trauma causing a prevention of processing



### 04 Super alert

Excessive arousal : Constant awareness of threat.Heart racing,sweaty, racing thoughts,shaking, changes in body temperature. Easily startled , irritability and restlessness.



### 05 Unhelpful Coping strategies

Using alcohol or illegal Drugs to avoid thinking . Avoiding people, places, things, or memories that are a reminder of the trauma.

Feeling emotionally numb, that reduces communication with loved ones

