

UNDERSTANDING POST-TRAUMATIC STRESS DISORDER

PTSD → (Post-Traumatic Stress Disorder)

An anxiety disorder that can develop after witnessing or experiencing a life-threatening situation.

Humans naturally feel **fear** when they perceive danger.

Fear triggers split-second physical & mental reactions in the body to prepare to defend or avoid the danger. This is the “**fight or flight**” response.

But **prolonged exposure** to danger can leave a person with PTSD, a lasting stress or fear, even when they are safe.

WHEN MIGHT **PTSD** DEVELOP AFTER A TRAUMATIC EXPERIENCE?

Acute: Symptoms starting as early as weeks to 3 months

Chronic: Symptoms lasting 3 months or longer

Delayed Onset: Symptoms developing 6 months after event

SYMPTOMS OF **PTSD**

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Understanding Post Traumatic Stress

RJ Shavelson



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