

# 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**

CLICK  
ME!

# Understanding Post Traumatic Stress

**Daniela Niemeyer**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

## **Understanding Post Traumatic Stress:**

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, **Understanding Post Traumatic Stress** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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