

Newsletter

Term I Spring I Issue 5 I Date: June 1st , 2021

June is PTSD Awareness Month.

Every one with PTSD-whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events-needs to know that treatments really do work and can lead to a better quality of life.



The emotional numbness... will just tear away all of the relationships in your life, you know, if you don't learn to unlock them [and] get those emotions out.

– Sarah C. Humphries US Army (1994–2012)

For more information please visit

<https://www.ptsd.va.gov/>

Coming Soon!

Hip Hop Expression

Adult Support group (Coping with COVID-19)

Women's support group

Painting Classes

Kid's Movie Night

Puppet Show



Wellness & Trauma

RECOVERY CENTER

PTSD Awareness Month

There are 4 types of PTSD symptoms, but they may not be exactly the same for everyone. Each person experiences symptoms in their own way.

- **Reliving the event.** Unwelcome memories about the trauma can come up at any time. They can feel very real and scary, as if the event is happening again. This is called a flashback. You may also have nightmares. Memories of the trauma can happen because of a trigger — something that reminds you of the event. For example, seeing a news report about a disaster may trigger someone who lived through a hurricane. Or hearing a car backfire might bring back memories of gunfire for a combat Veteran..
- **Avoiding things that remind you of the event.** You may try to avoid certain people or situations that remind you of the event. For example, someone who was assaulted on the bus might avoid taking public transportation. Or a combat Veteran may avoid crowded places like shopping malls because it feels dangerous to be around so many people. You may also try to stay busy all the time so you don't have to talk or think about the event.
- **Having more negative thoughts and feelings than before.** you may feel more negative than you did before the trauma. You might be sad or numb — and lose interest in things you used to enjoy, like spending time with friends. You may feel that the world is dangerous and you can't trust anyone. It may be hard for you to feel or express happiness, or other positive emotions. You might also feel guilt or shame about the traumatic event itself. For example, you may wish you had done more to keep it from happening.
- **Feeling on edge.** It's common to feel jittery or "keyed up" — like it's hard to relax. This is called hyperarousal. You might have trouble sleeping or concentrating, or feel like you're always on the lookout for danger. You may suddenly get angry and irritable — and if someone surprises you, you might startle easily. You may also act in unhealthy ways, like smoking, abusing drugs and alcohol, or driving aggressively

CONTACT INFORMATION

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