

SELF HELP

PTSD (POST TRAUMATIC
STRESS DISORDER)

PTSD

This is a mental health condition triggered by traumatic event causing flashback, nightmares and severe anxiety. People reacts to traumatic incidence in various ways like reliving the trauma in your mind and body, avoiding things to do with or related to the trauma, feeling tenser, irritable or over-alert than usual, feeling depressed. PTSD can affect how you feel, think, behave and how your body works.

How to create self help plan

- Making sense of the trauma by finding out what really happened
- Dealing with flashbacks and nightmares by making time for about 20 minutes each day for reviewing and calmly facing the unpleasant memories or nightmares.
- Distraction by focusing your thoughts and attention away from the traumatic event.
- Overcoming tension, irritability and anger by using the relaxation techniques, exercise, deep muscle relaxation, controlled breathing and mindful breathing.
- Controlling your anger and overcoming avoidance that prevents you from moving on from the trauma and in some cases, it can prevent you getting on with your life in a normal way.
- Overcoming low mood by physical activities and by planning to focus on things you usually enjoy and build some time into each day for these activities.
- Look after yourself by eating well and living a healthy lifestyle.

***For further information, please visit
www.greyinsights.org***



Our Client Liaison Officers are waiting to help, book your
appointments / sessions now by calling our hotlines:

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