



## POST TRAUMATIC STRESS DISORDER (PTSD)

There are three categories of reactions to traumatic stress – thoughts, feelings, and behaviors. Here are few examples of each:

### THOUGHTS

- Recurring dreams or nightmares about the disaster.
- Reconstructing the events surrounding the disaster in your mind, in an effort to make it come out differently.
- Difficulty concentrating or remembering things.
- Questioning your spiritual or religious beliefs.
- Repeated thoughts or memories of the disaster, or of loved ones that died in the disaster, which are hard to stop.

### FEELINGS

- Feeling numb, withdrawn, or disconnected.
- Experiencing fear and anxiety when things remind you of the disaster, particularly sights, sounds, and smells.
- Feeling a lack of involvement or enjoyment in everyday activities.
- Feeling depressed, blue, or down much of the time.
- Feeling bursts of anger, or intense irritability.
- Feeling a sense of emptiness or hopelessness about the future.

### BEHAVIORS

- Being overprotective of your and your family's safety.
- Isolating yourself from others.
- Becoming very alert at times and startling easily.
- Having problems getting to sleep or staying asleep.
- Avoiding activities that remind you of the disaster, avoiding places or people that bring back memories.
- Having increased conflict with family members.
- Keeping excessively busy to avoid thinking about the disaster and what has happened to you.
- Being tearful or crying for no apparent reason.

If you feel that you are experiencing Post Traumatic Stress Disorder, call the Oregon Attorney Assistance Program for assistance 503-226-1057.