project reassure

Self-Advocates

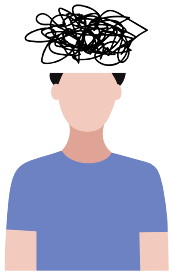
Traumatic Stress

Traumatic stress can happen when someone experiences trauma.

Trauma can be experienced when:

- A person goes through a traumatic event.
- A person sees someone go through a traumatic event or learns about a traumatic event from someone else.

Post-traumatic stress disorder, or PTSD, is a diagnosis given to someone who experiences trauma and develops symptoms that make it difficult to function in their daily lives.



Post-traumatic stress can cause symptoms such as:

- Experiencing the trauma over again through flashbacks, nightmares, or upsetting thoughts.
- Avoiding places, events, people, objects, thoughts, and feelings that are reminders of the traumatic experience.
- Feeling tense or easily startled.
- Being overly aware of yourself or your surroundings.
- Trouble with sleeping.
- Easily getting upset, having outbursts, feeling irritable, or grumpy.
- Feeling guilt or blame.
- Loss of interest in doing things you once liked or enjoyed.
- Thinking bad thoughts that won't go away about people, the world, or yourself.

Trauma affects everyone differently. Not everyone who experiences trauma will be diagnosed with PTSD.

If you experience a traumatic event, you could have all, some, or none of the symptoms of PTSD.