

## Understanding Post Traumatic Stress: A Webinar For Self-Advocates

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When bad things happen, you might find it hard to deal with your feelings and emotions. It is important to understand how you are feeling and what might be causing you to feel that way. It is also important to think about what you can do or who can help.

This webinar for self-advocates, discuss traumatic stress, what can cause traumatic stress, the signs you may be suffering from traumatic stress, what you can do to help yourself, and when you might need to ask for help.

- ***Understanding Post Traumatic Stress: For Self-Advocates***

### KEY TAKEAWAYS

- A disaster, crisis, or other troubling event can cause traumatic stress, make you feel unsafe, and leave you feeling helpless.
- Some signs of traumatic stress include: Bad dreams and thoughts, trouble controlling your emotions, acting violent, purposefully doing things that might hurt you, acting jumpy and scared, and many more.
- Seek help if symptoms persist.

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