

WELLNESS CONNECTION

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JUNE 2021

HEALTHY HARMONY - Step Up for PTSD Awareness



By Jackie Billhymer

June is Posttraumatic Stress Disorder (PTSD) Awareness month. According to the National Center for PTSD, **posttraumatic stress disorder is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, natural disaster, a car accident, or sexual assault.** These traumatic events can happen to anyone at any age. The event could happen to you or you may witness it happen to someone else. Once it occurs, it is common for a person to have trouble sleeping, feel anxious or withdrawn, or have triggering memories of the trauma. Over time,

if these symptoms are left unaddressed they could begin to disrupt daily life, and may require the assistance of a mental health or other medical provider/professional.

The [National Center for PTSD](#) is a great resource for understanding the basics of PTSD and includes information about what a person can do to get treatment. Raising awareness for PTSD starts with talking about it. One in 10 men and two in 10 women will develop PTSD after experiencing trauma. It can lead to other mental health issues such as depression, alcohol and drug abuse.

There are a number of [coping and other self-help strategies](#), including online and mobile app resources that can help you manage stress, PTSD symptoms, and find support after trauma. The National Center for PTSD has a couple of ways anyone can get involved with PTSD awareness this month and increase their own well-being:

- 30 Days of Self-Care – 30 different ideas for self-care practices for every day in the month of June. You can download the COVID Coach app on [iOS](#) or [Android](#) or [download the guidebook](#).
- Step Up for PTSD Awareness Virtual Walk – [register](#) for the free virtual event and complete 27 minutes of exercise during the month of June for **PTSD Awareness Day on June 27**.

This topic hits close to home for me. I registered for the virtual walk because I have family and friends who suffer from PTSD. If sharing these resources with you means even just *one* of you decides to join me in raising PTSD awareness, then the effort is worth it.

