

SUNDAY MORNING

HEALTH CORNER

Post Traumatic Stress Disorder (PTSD) Awareness

Post Traumatic Stress Disorder is a psychological disorder that occurs when someone experiences a tragic event. There is evidence that African Americans experience higher PTSD rates and are more likely to develop PTSD following trauma exposure than other racial groups. However, PTSD is widely understudied in African Americans. It is important to know the symptoms and coping mechanisms for dealing with PTSD.

Symptoms of PTSD

- Reliving your trauma and experiencing flashbacks or nightmares.
- Experiencing mood changes, or feelings of depression and anxiety.
- Difficulty concentrating, becoming easily startled and jumpy.

Positive Ways to Cope with PTSD

- Enjoy the outdoors, or discover a new hobby.
- Spend time with positive friends and family.
- Practice relaxation techniques and meditation.
- Join a support group.



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