

WHAT IS...PTSD?

PTSD stands for Post Traumatic Stress Disorder. People with PTSD can feel anxious, scared, or nervous when they're reminded about something terrifying that happened in the past. It might be something that happened to them or something that they saw happen to someone else.



TYPES OF TRAUMATIC EVENTS

- Death of a loved one
- A natural disaster
- War
- Seeing violence
- Abuse or neglect
- Serious accident
- Being taken away from home
- Bullying
- Serious illness
- Family member in jail

SYMPTOMS

- Feeling really uncomfortable when something reminds you of the event
- Not wanting to be around anything or anyone that reminds you of what happened
- Having flashbacks or nightmares about the event
- Having strong body reactions when you're reminded about the event (shaking, sweating, fast breathing, upset stomach, fast heartbeat, etc.)
- Having feelings of fear, anger, worry, guilt, hopelessness, or helplessness about the event

TREATING PTSD

MENTAL HEALTH THERAPY

Working with a therapist can help someone with PTSD learn how to cope with the symptoms. A therapist can help them learn different ways to calm their body when reminded about the event. In therapy, a person can also learn how to talk about the event and change their thoughts so that they can cope with the PTSD feelings that occur.

MEDICATION

There are many different types of medication that are helpful for PTSD. Medication might not always be needed, but it can help some people feel happier and less worried about what happened.

PTSD CAN SOMETIMES MAKE PEOPLE FEEL LIKE THEY WANT TO HURT THEMSELVES. IF YOU EVER HAVE THOSE FEELINGS OR THOUGHTS, TELL AN ADULT IMMEDIATELY. IF A FRIEND EVER TELLS YOU THAT THEY MIGHT WANT TO HURT THEMSELVES, TELL AN ADULT IMMEDIATELY.

WHAT IS...ADHD?

ADHD stands for Attention-Deficit/Hyperactivity Disorder. People with ADHD can have trouble focusing and/or are really hyper and do things without thinking.



SYMPTOMS

- Trouble paying attention and staying focused
- Feeling like you always need to be moving
- Fidgeting and squirming when having to sit
- Talking a lot, even when it's time to be quiet
- Hard time following directions
- Forgetting easily and losing important items
- Making mistakes on schoolwork because of small details
- Trouble sitting for a long amount of time
- Blurting out and interrupting people

NO ONE REALLY KNOWS WHAT CAUSES ADHD, BUT THEY DO KNOW THAT THERE ARE DIFFERENCES IN THE BRAIN ACTIVITY OF PEOPLE WHO HAVE IT. ADHD MAY ALSO RUN IN FAMILIES AS WELL.

TREATING ADHD

MENTAL HEALTH THERAPY

Working with a therapist can help someone with ADHD learn how to manage their behavior. Therapy can help them learn different ways to stay focused and be less hyper and impulsive. This will hopefully improve their behaviors, grades, and relationships.

MEDICATION

There are many different types of medication that are helpful for ADHD. Medication is not always needed, but it can help reduce the hyper behaviors and make it easier to focus.

EVEN THOUGH THERE IS NO CURE FOR ADHD, MANY PEOPLE LEARN HOW TO MANAGE THE SYMPTOMS AND LIVE A SUCCESSFUL LIFE!



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