



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health AWAREness at the Center for Health and Well-Being

November 11, 2013

Post Traumatic Stress Disorder

Post Traumatic Stress and Post Traumatic Stress Disorder (PTSD) develops after a person has been subjected to a specific situation that causes stress and fear. Survivor's may see, hear, or experience the situation firsthand. Post Traumatic Stress Disorder affects everyone, not just soldiers. Any individual that has experienced life changing trauma such as: terrorism, disaster, or violence/abuse may shows signs of PTSD.



Students who are soldiers may face a significant amount of stress beyond what the typical student can only imagine. You can offer support to student soldiers.

Here's a list of tips from New Science Magazine:

- ◆ **Listen.** Friends and family can help in a tremendous way by just being there to listen to the returning soldier if they want to discuss their feelings or thoughts.
- ◆ **Be patient.** If they don't want to talk, do not continue asking. It may be very difficult for some to remember and retell their stories.
- ◆ **Have realistic expectations:** Do not demand that the returning soldier be the 'same old' person. Realize that it may take time for the person to adjust to returning home.

P.T.S.D. CHECKLIST

Post-traumatic stress disorder symptoms typically start within three months of a traumatic event. In a small number of cases, though, PTSD symptoms may not appear until years after the event. Post-traumatic stress disorder symptoms are generally grouped into three types: intrusive memories, avoidance and numbing, and increased anxiety or emotional arousal (hyper-arousal).

Symptoms of intrusive memories may include:

- Flashbacks, or reliving the traumatic event for minutes or even days at a time
- Upsetting dreams about the traumatic event

Symptoms of avoidance and emotional numbing may include:

- Trying to avoid thinking or talking about the traumatic event
- Feeling emotionally numb
- Avoiding activities you once enjoyed
- Hopelessness about the future
- Memory problems
- Trouble concentrating
- Difficulty maintaining close relationships

Symptoms of anxiety and increased emotional arousal may include:

- Irritability or anger
- Overwhelming guilt or shame
- Self-destructive behavior, such as drinking too much
- Trouble sleeping
- Being easily startled or frightened
- Hearing or seeing things that aren't there

If you, or someone you know, experience symptoms of PTSD, help is available. You're not alone.

The Counseling Center at www.iup.edu/counselingcenter
Center for Health and Well-Being, Suites on Maple-East

Symptoms provided by the following source
www.mayoclinic.com/health/post-traumatic-stress-disorder

Resources for Veterans

The Office of Veterans Affairs
Room 126 Clark Hall
veterans-affairs@iup.edu
(724) 357-3009
www.iup.edu/veterans

Did you know that there are 458 veterans currently enrolled at IUP?



Freshman	182
Sophomore	79
Junior	72
Senior	85
Graduate	14

IUP has also been named a 'military friendly' school by *G.I Jobs Magazine!*

Supporting IUP Veterans



Health AWAREness
724-357-4799
Center for Health and Well-Being
G-59 Suites on Maple—East
www.iup.edu/healthawareness
health-awareness@iup.edu
Updated by Peer Educator Billy Kane