



Post Traumatic Stress Disorder

PEER SUPPORT FACILITIES – FICTION OR NON-FICTION

Where Do Peer Support Facilities Fit In



1

**Recognize
you need a
break**

Talk
With
Someone

2

**Peer Supporter
Spiritual Leader
Psychiatrist
Psychologist
RSW**

Take
A
Break
Visit

3

**Peer
Support
Facilities**

Who may see the smallest changes over time:

Home (Family, friends)

Work (Bosses, coworkers, acquaintances)

Yourself

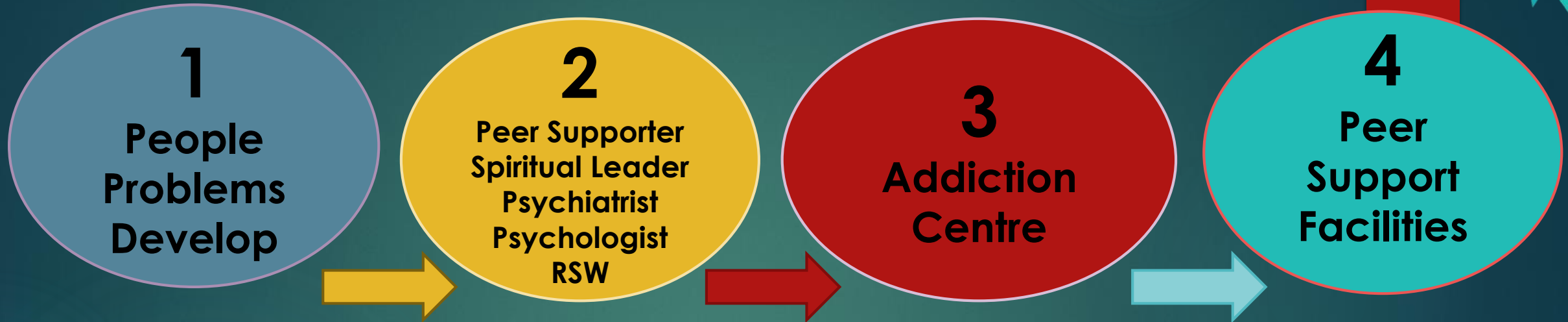
How are you doing?

Where Do Peer Support Facilities Fit In



OR
do it the hard way

Where Do Peer Support Facilities Fit In



Problems develop:
Home
Work
Yourself

Talk
with
these
folks

Centres
Supported
By
VAC
WCB

Find Pleasure
Find Purpose
Not Supported
By
VAC
WSB

Layman's Terms

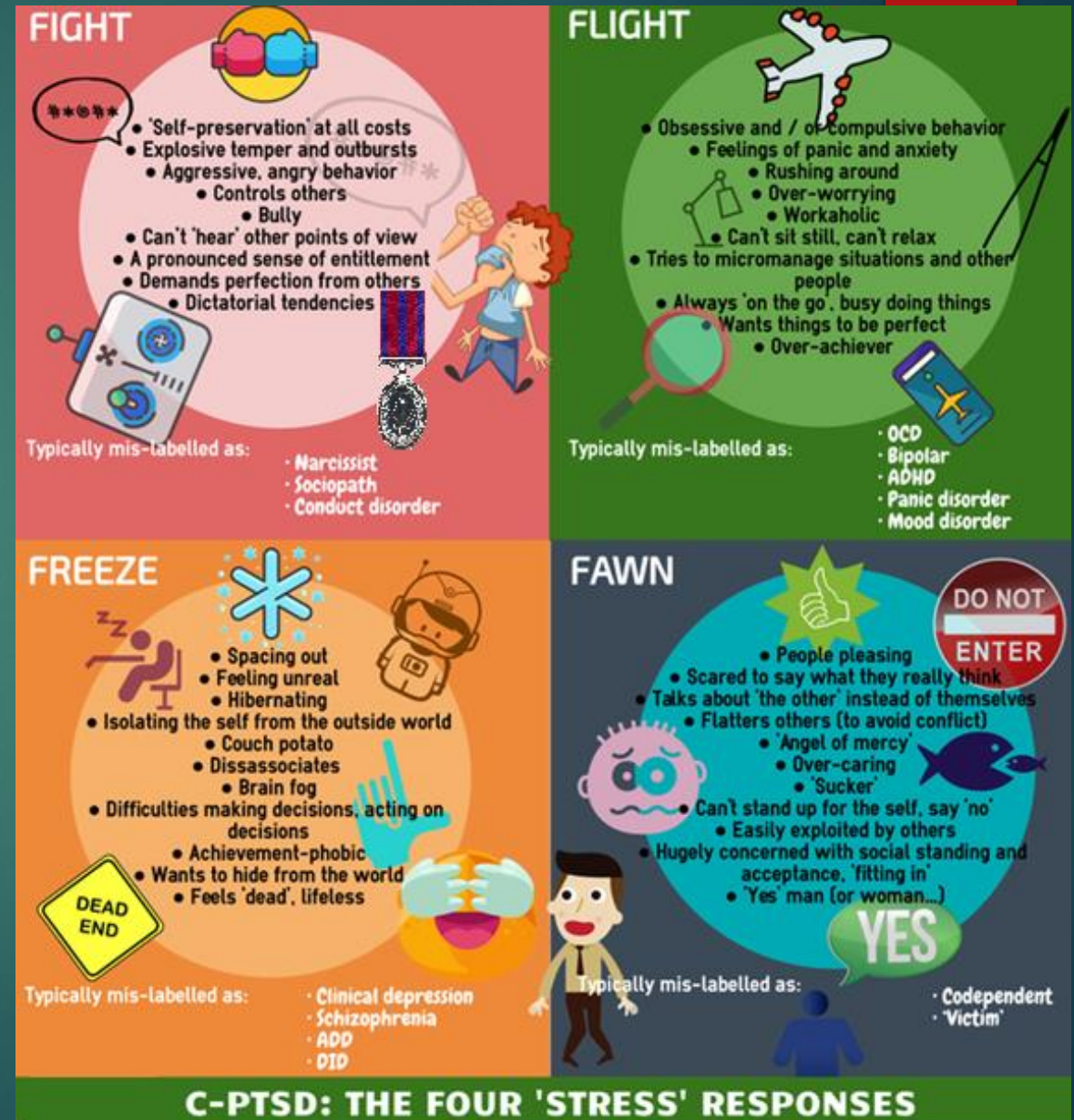
- ▶ How do PSF address Societal Symptoms:
 - ▶ People that GET IT, they live it as well
 - ▶ Promoting and providing purposeful opportunities for growth
 - ▶ Developing new pleasures i.e. interests and skills
 - ▶ Growing healthy food



Living with PTSD



- ▶ Post-Traumatic Stress Disorder (PTSD) is a complex disorder that is a normal reaction to a traumatic event
- ▶ Symptoms can arise suddenly, gradually, or come and go over time.
- ▶ **Does not just affect the person with the condition**
- ▶ <http://privatehealthcarereports.com/how-to-live-with-someone-who-has-ptsd/>



Common Symptoms of PTSD



- ▶ Re-experiencing the traumatic event
- ▶ Guilt or self-blame
- ▶ Avoiding reminders of the trauma
- ▶ Depression often Major Depression
- ▶ Feelings of betrayal, hopelessness, alienated, alone
- ▶ Increased anxiety and emotional arousal
- ▶ Anger and irritability
- ▶ Physical aches and pains (quite a few)
- ▶ Addictions (quite a few of these as well)
- ▶ Suicidal thoughts and feelings
- ▶ Yes there are more ... unfortunately



Common Physical Symptoms of PTSD

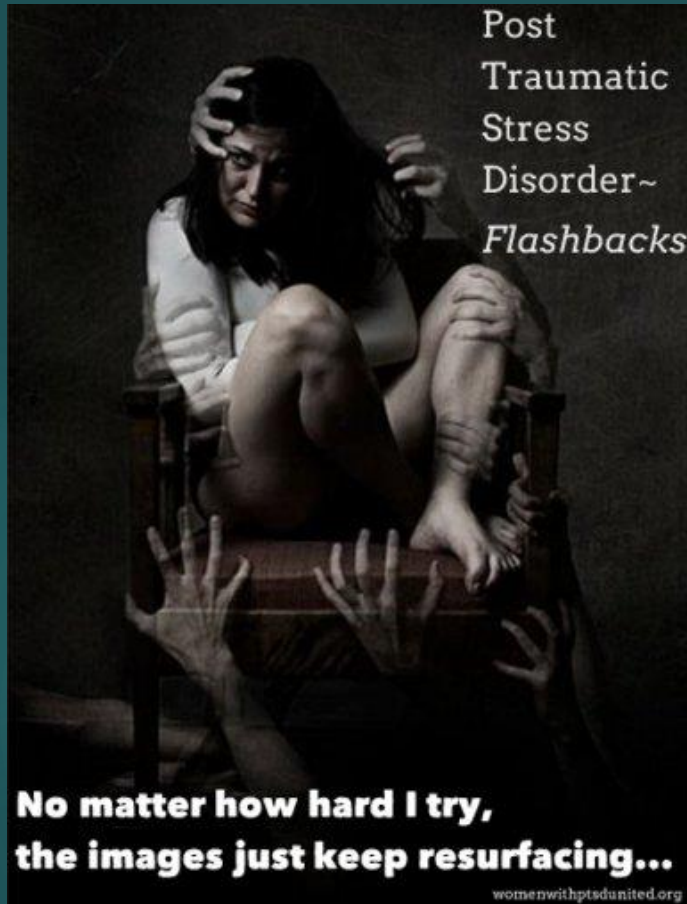


- ▶ Arthritis
- ▶ Heart-related problems & disease
- ▶ Respiratory system-related problems & disease
- ▶ Digestive problems & disease
- ▶ Reproductive system-related problems
- ▶ Diabetes
- ▶ Easily Scarred
- ▶ Frequent Aches and Pains
- ▶ Tinnitus (ringing in the ear)
- ▶ Weight gain
- ▶ Difficulty to gain & keep muscle
- ▶ Icy hands & feet
- ▶ Skin issues
- ▶ Uncontrollable yawning
- ▶ Allergies flare up
- ▶ Not an inclusive list, there are more...

} verywellmind



Give Support During Flashbacks



- ▶ Re-experiencing the event can involve intrusive and upsetting memories
- ▶ Flashbacks - give them space and keep them safe
- ▶ Don't ask a lot of questions of the person



Relaxation Techniques



- ▶ Deep breathing exercises
 - ▶ In 4 count
 - ▶ Hold 4 count
 - ▶ Out 4 count
 - ▶ Hold 4 count
 - ▶ Repeat as necessary!



Make A Safe Relationship

- ▶ Your loved one may have a hard time feeling safe.
- ▶ Help them feel safe:
 - ▶ Discuss plans for the future with your loved one.
 - ▶ Create a routine that you all stick to.
 - ▶ Reassure them that they will find stability again.
 - ▶ **KEEP YOUR PROMISES!**
This cannot be overemphasized!!!

PAST TRAUMA - CURRENT RELATIONSHIP

How trauma related symptoms/PTSD can stand in the way of having a healthy relationship



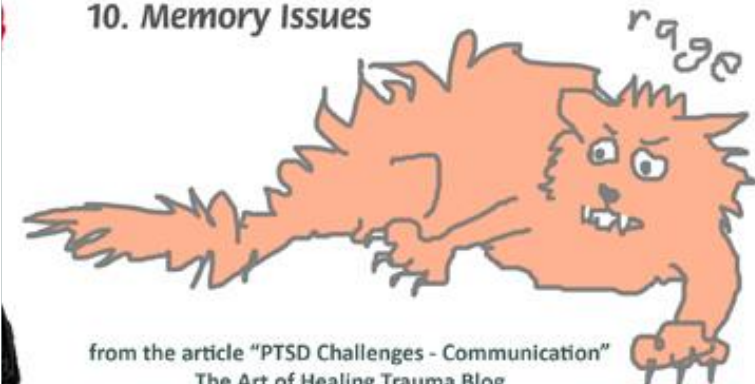
Try To Understand

- ▶ Two major symptoms:
Avoidance & Withdrawal.
- ▶ Can lead to:
 - ▶ loss of interest in favorite activities
 - ▶ a detachment from others
 - ▶ emotional numbness
- ▶ Declines to join family gatherings
- ▶ Keep on inviting them
- ▶ Remain persistent, we do have good days!



10 Ways PTSD Messes with Communication:

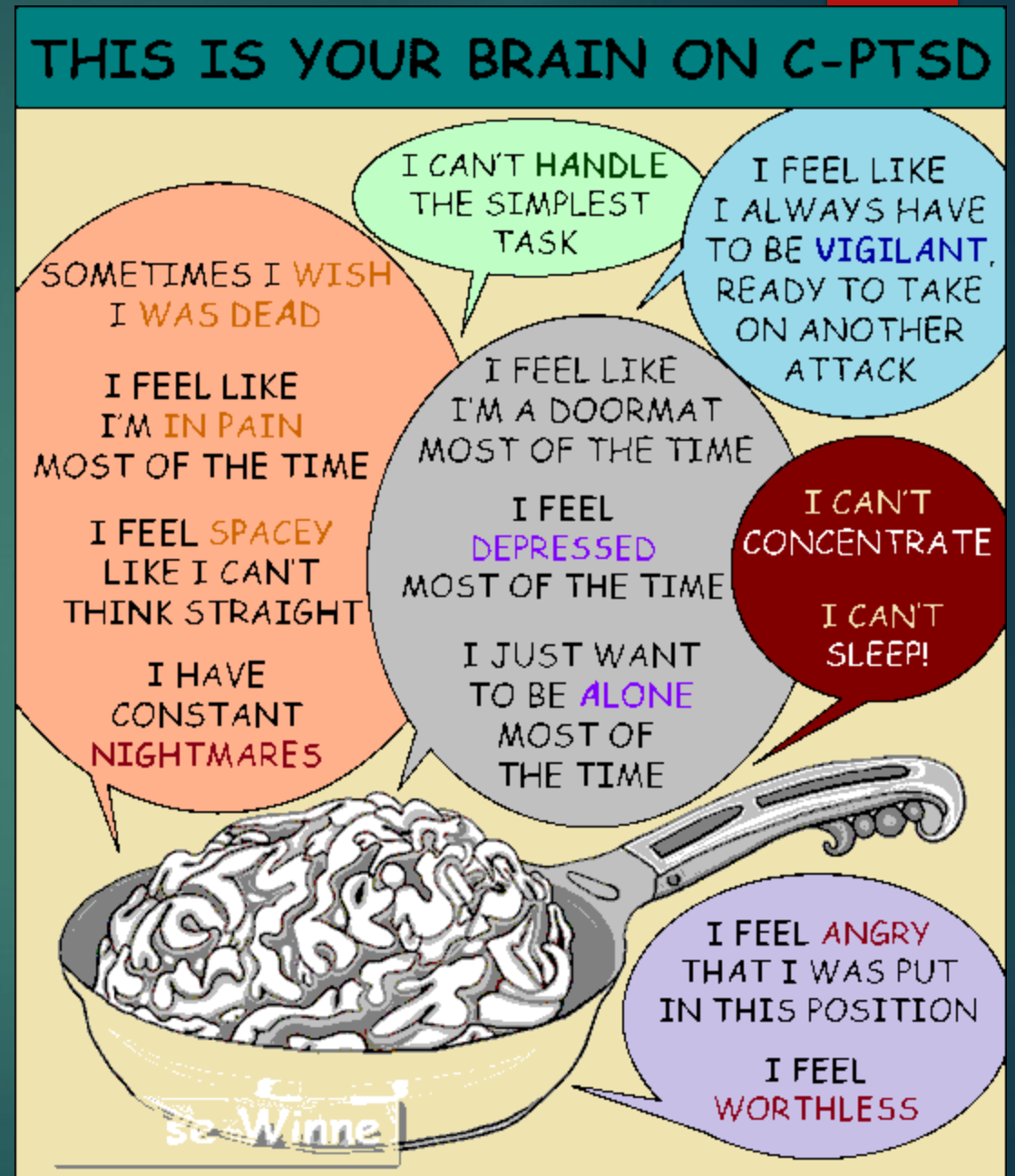
1. Powerful Sense of Disconnect
2. Unable to Create Emotional Rapport
3. Lack of Assertiveness
4. Hypersensitivity
5. Rage
6. Rigidity
7. Difficulty Processing Information
8. Difficulty Organizing Information
9. Lack of Concentration and Focus
10. Memory Issues



from the article "PTSD Challenges - Communication"
The Art of Healing Trauma Blog

Challenge Distorted Thoughts

- ▶ May harbor negative thoughts about themselves
- ▶ Without condemning them
 - ▶ Keep your tone light
 - ▶ Express your love
 - ▶ Express positive thoughts



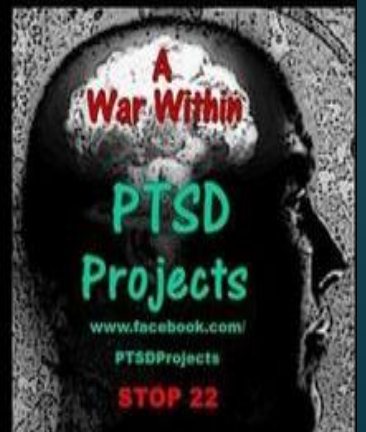
Sleep – What's That



- ▶ Difficulty falling asleep
- ▶ Difficulty staying asleep
- ▶ Practice relaxation techniques with your loved one before they go to bed:
 - ▶ deep breathing exercises
 - ▶ set the temperature to a comfortable level
 - ▶ **TURN OFF** all electronics at least an hour before bed



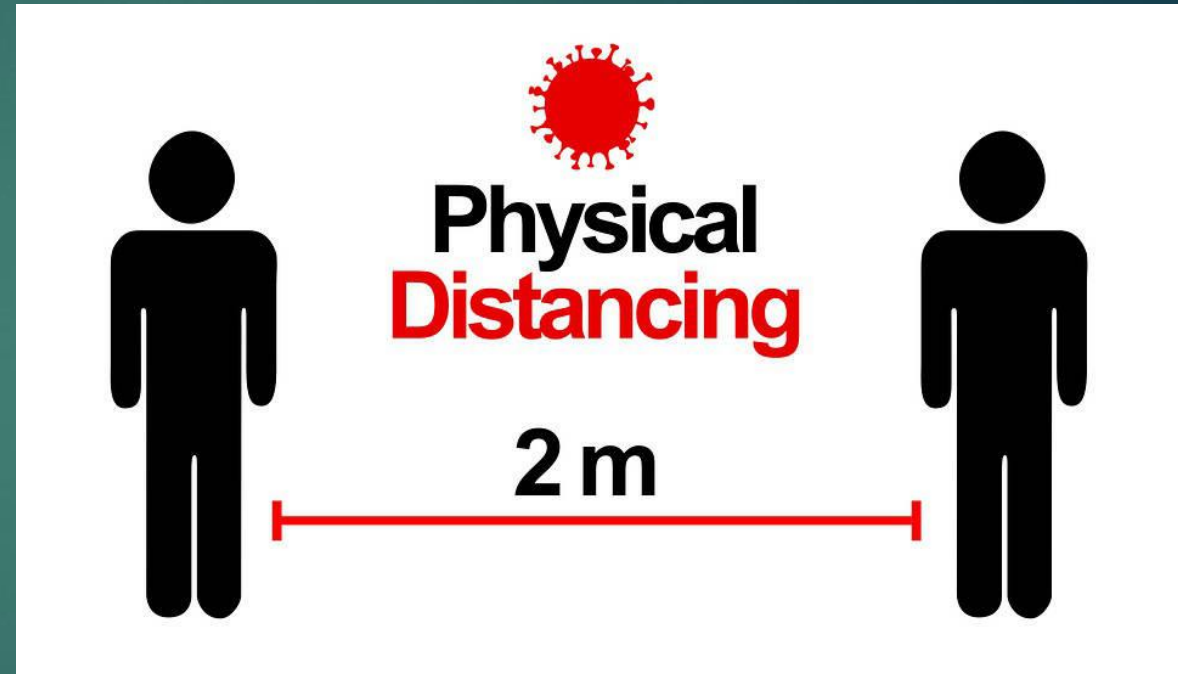
In the morning you beg to sleep more, in the afternoon, you are dying to sleep and at night time you refuse to sleep. The life with PTSD.



Manage Their Irritability & Anger



- ▶ People may develop high levels of irritability
- ▶ Distance themselves from situations
- ▶ Start journaling
 - ▶ Thoughts
 - ▶ Emotions
 - ▶ Reactions



This works well for folks with PTSD!

Avoid Startling Your Loved One



- ▶ May cause an extreme jumpiness and hyper vigilance.
 - ▶ Avoid startling your loved one.
 - ▶ Announce when you return home – say Hello.
 - ▶ Before making a loud noise let them know .

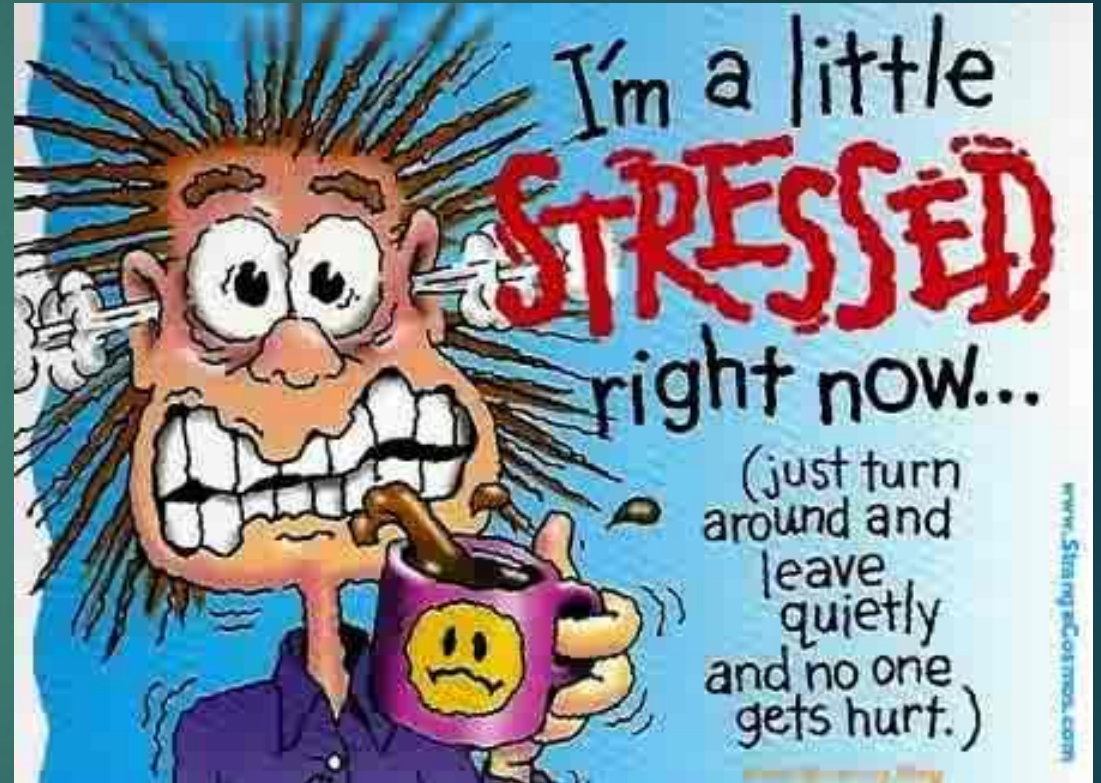
**WHEN I'M HOME
ALONE,
EVERY
NOISE
I HEAR
IS A
SERIAL
KILLER.**



Be Sure To Give Space



- ▶ They may be dealing with a lot and they may or may not be able to talk about their experience.
- ▶ Do not pressure your loved one into talking about what they are going through.
- ▶ Be prepared for your loved one to want to be alone one moment, but supported the next (yes it makes no sense to us either).





For more information please
check out:

<http://privatehealthcarereports.com/how-to-live-with-someone-who-has-ptsd>

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Most images have come from Internet sources. Where possible source credits have been left intact, many apologies where that has not occurred, your picture must have portrayed the point being made, our sincere apologies, we're concerned with keeping people alive.



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