

PTSD CARE TIPS

1

GET A PET



Consider getting a pet. If you have one already, consider spending more quality time with it during times of stress.

Disconnect from unhealthy outlets that build anger or anxiety - examples include social media, violent videos on youtube, political content, movies with uncomfortable topics.



DISCONNECT

2

3

DECLUTTER



Declutter your home and work spaces. A clear space creates a clear mind.

Practice being comfortable with quiet times and meditation.



MEDITATION

4

5

VOLUNTEER



Donate your time and energy. Show yourself the good happening in the world and become a part of it.

Carry something with you that will serve as a reminder of where you are when thoughts, feelings, or flashbacks become overwhelming.



CARRY PERSONAL ITEM

6

7

EXPRESS YOURSELF



Find unique ways to express yourself. Get creative- it can be artistic, written, a new hobby, etc.

Slow down. It isn't a race to the finish. It's just steady steps to make sure you get there.



SLOW DOWN

8

9

GRATITUDE JOURNAL



Create a gratitude journal. Remind yourself of what is going right and what you have done well. Reinforce that you are capable of good.

Keep your body active- doesn't have to be exercise.



STAY ACTIVE

10

PTSD CARE TIPS

11

DON'T SELF MEDICATE



Avoid self medication with alcohol, drugs, sex, or other risky behaviors

Structure your sleep routine including 4 tasks leading up to bed and a bedtime that doesn't fluctuate more than an hour from one night to the next



SLEEP ROUTINE

12

13

TRAUMA JOURNAL



Keep a trauma journal. This can document your experience at the time or can be a running record of your current experiences. Give yourself room to acknowledge what you are going through.

Try something new. Find a new hobby, experience, vacation to shake off your mindset.



TRY SOMETHING NEW

14

15

DEFINE BOUNDARIES



Define boundaries that you want to implement in your life and stick to them.

Examine your beliefs about the event and work on if you think those are accurate and healthy beliefs.



EXAMINE YOUR BELIEFS

16

17

EXAMINE YOURSELF



Examine your beliefs about yourself regarding the event and work on if you think those are accurate and healthy beliefs.

Connect with other people- those you are close to or those who have similar experiences or struggles



CONNECT WITH OTHERS

18

19

ENJOY THE SUNSHINE



Enjoy sunshine- either from indoors with the windows open or better yet from outside and soak up some Vitamin D!

Don't forget about your daily hygiene. Make sure you are bathing, brushing teeth, and putting on clean clothes each day. It makes a huge difference in the way you feel.



DON'T FORGET DAILY HYGIENE

20