

## **PTSD (Post Traumatic Stress Disorder)**

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### **Short Communication**

#### **ABSTRACT**

Post Traumatic Stress Disorder (PTSD) is a mental health condition that is provoked by a horrific event - she is experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, and intense anxiety, as well as uncontrolled thoughts about the event. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If symptoms worsen, last for months or years, and interfere with your daily work, you may be diagnosed with PTSD. Getting effective treatment after PTSD symptoms develop can be crucial in reducing symptoms and improving function. Symptoms and diagnosis. The symptoms of PTSD fall into four categories. Specific symptoms may vary in severity. Intrusion: intrusive thoughts like repetitive, involuntary memories; Nightmares; Or flashbacks of a traumatic event. Flashbacks can be so vivid that people feel like they are reliving a traumatic experience or seeing it before their eyes. Ignore: Avoiding reminders of a traumatic event may include avoiding people, places, activities, objects, and situations that can trigger distressing painful memories. People may try to remember the traumatic event or avoid thinking about it. They may resist what happened or how they feel about it. Comprehension and mood swings: Shocking events, inability to remember important things that lead to ongoing and distorted perceptions of negative thoughts and feelings about oneself or others (e.g., "I'm bad," "No one can be trusted" ); Distorted thoughts about the cause of the event or its consequences, leading to false accusations of self or others; Ongoing fear, horror, anger, guilt or shame; Much less interest in previously enjoyed activities; Feeling different or unfamiliar from another; Or unable to overcome positive emotions (void of happiness or satisfaction). Changes in arousal and reactivity: Arousal and reactive symptoms may include irritability and irritability; Behaving recklessly or self-destructively; Suspiciously keeping an excessive outpost around someone; Easily startled; Or have difficulty concentrating or sleeping.

Key Words: PTSD, Mental health, Anxiety