

# Post-Traumatic Stress Disorder

7 strategies to support and prevent PTSD symptoms

## Contact and support

**Maintain** close contact and support from your friends and family. When in a state of crisis or trauma, we can sometimes hide away from others.

## Talk about trauma

This gives your brain the opportunity to process the events that are happening for you rather than pushing them away.

## Survivor identity

**Recognise** and **accept** that the work you're doing is very challenging and it is not weakness to acknowledge you are struggling. You are a survivor of this stress and it is important to support yourself.

## Positive behaviour

Engage in the things that you have always **nurtured** and helped you in the past. It can be difficult to remember to do positive things, try making a plan.

## Positive meaning

It is ok to experience **positive** emotions such as gratitude, joy, and laughter even when things feel difficult.

## Believe that you can cope

Believe that you are going to get through this. In the long term you're going to **recover** and get your wellbeing back to a place like it was before.

## Helping others through trauma

Being able to **listen** to others talk about their trauma it will also create the space for you to do the same.