

Moments of Serenity

June 2025

PTSD Awareness Month

Posttraumatic stress disorder (PTSD) is a mental health issue that may arise after a life-threatening event. While many recover within weeks or months, persistent symptoms like reliving the event warrant seeking help. Supportive communities and professional guidance are vital for healing. Therapy, support groups, and educational resources can empower individuals to understand and manage PTSD. It's essential to recognize symptoms and reach out for assistance, engage in self-care, and build a support network. Raising awareness and reducing stigma around mental health encourages individuals to seek necessary help.



Mindfulness Minute

Deep breathing exercises: Slow, deep breaths can help calm the nervous system and reduce anxiety.

Body scan meditation: Focusing on physical sensations in the body can help individuals become more aware of their physical responses to stress and trauma.

Grounding techniques: Engaging the senses to connect with the present moment can help interrupt flashbacks and reduce feelings of overwhelm.

Self Care

Exercise, including walking and yoga, boosts endorphins, reducing anxiety and improving mood.

Techniques like deep breathing and meditation calm the nervous system and alleviate PTSD-related tension.

Mindfulness activities, such as walking or body scans, help individuals stay grounded and lessen intrusive thoughts.

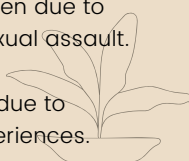
Connecting with trusted friends, family, or support groups fosters belonging and reduces isolation.



Writing about thoughts and feelings aids in processing trauma and alleviating emotional distress.

Did You Know?

- PTSD can arise not only from trauma but also from witnessing traumatic events or repeated exposure.
- It can affect anyone, regardless of age, gender, or ethnicity, triggered by various traumatic events.
- A strong support system from family and friends can lower the risk of PTSD and aid recovery.
- Women are more likely to develop PTSD, often due to higher exposure to specific traumas like sexual assault.
- Military veterans face a higher risk of PTSD due to combat exposure and other traumatic experiences.



Company Highlight

Amanda Lee-Degner, EdD, LPC, ACS

Amanda is deeply committed to assisting individuals in processing their trauma. She has recently completed training in Written Exposure Therapy (WET). Clinicians who are trained in WET acquire a concise, evidence-based approach to treat PTSD. This method entails structured writing about traumatic experiences across five sessions, allowing clients to address trauma without extensive verbal engagement. It is effective, time-efficient, well-tolerated, and suitable for a variety of clinical environments, making it an essential tool for alleviating PTSD symptoms.

