

## PTSD AWARENESS MONTH

PTSD is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. It's normal to have upsetting memories, feel on edge, or have trouble sleeping after this type of event. If symptoms last more than a few months, it may be PTSD. The good news is that there are effective treatments. -National Center for PTSD, 2022



### Mindful Minutes

1. **Walking Meditation - Simply stroll mindfully, you can incorporate your breath or mantra.**
2. **Mindful Driving - Focus on the weight of the car, the texture of the road, the sound of the tires against the gravel.**
3. **Single Tasking - This is the opposite of multitasking. It is as simple as showing up fully to one single task.**

<https://www.healthline.com/health/mind-body/mindfulness-activities#for-adults>

### SELF CARE

- WRITE DOWN YOUR THOUGHTS AND FEELINGS IN A JOURNAL
- TRY MEDITATION
- SPEND TIME WITH FRIENDS IN YOUR FAVORITE PLACE
- EXERCISE FOR 30 MINUTES
- USE SOMETHING SOFT/FUZZY FOR SELF SOOTHING
- FIND A FRAGRANCE THAT YOU LOVE AND SMELL IT WHEN YOU FEEL UPSET
- GIVE YOURSELF ACTUAL MINUTES DURING THE DAY TO DO THINGS THAT YOU WANT TO DO, NOT NEED TO DO

[HTTPS://WWW.RAINN.ORG/ARTICLES/SELF-CARE-AFTER-TRAUMA](https://www.rainn.org/articles/self-care-after-trauma)

[HTTPS://BRICKELANDASSOCIATES.COM/FUZZY-SLIPPERS-SELF-CARE-FOR-TRAUMA-SURVIVORS/](https://brickelandassociates.com/fuzzy-slippers-self-care-for-trauma-survivors/)

### DID YOU KNOW?

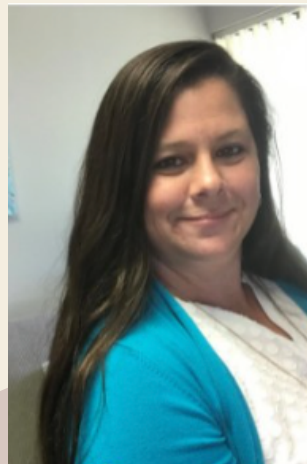
- ABOUT 6 OUT OF EVERY 100 PEOPLE (OR 6% OF THE POPULATION) WILL HAVE PTSD AT SOME POINT IN THEIR LIVES.
- ABOUT 8 OF EVERY 100 WOMEN (OR 8%) DEVELOP PTSD SOMETIME IN THEIR LIVES COMPARED WITH ABOUT 4 OF EVERY 100 MEN (OR 4%).
- 20 PERCENT OF PEOPLE WHO EXPERIENCE A TRAUMATIC EVENT WILL DEVELOP PTSD
- PEOPLE WITH PTSD WHO SOUGHT TREATMENT HAD SYMPTOMS LASTING AN AVERAGE OF 36 MONTHS, WHILE THOSE WHO DID NOT SEEK TREATMENT HAD SYMPTOMS LASTING AN AVERAGE OF 64 MONTHS.

- NATIONAL CENTER FOR PTSD, 2022

-PTSD FACTS AND STATISTICS,

[HTTPS://WWW.THERECOVERYVILLAGE.COM/MENTAL-HEALTH/PTSD/PTSD-STATISTICS/](https://www.therecoveryvillage.com/mental-health/PTSD/PTSD-STATISTICS/)

### Company Highlights



**Meet our Practice Owner,  
Amanda Lee-Degner, LPCC!**

She is a military spouse and has over 15 years of experience in the mental health field. Her primary focus is working with service members, couples, and individuals focused on improving quality of life. She has extensive knowledge and training in the areas of anxiety, depression, trauma, marital concerns, phase of life difficulties, and military challenges.