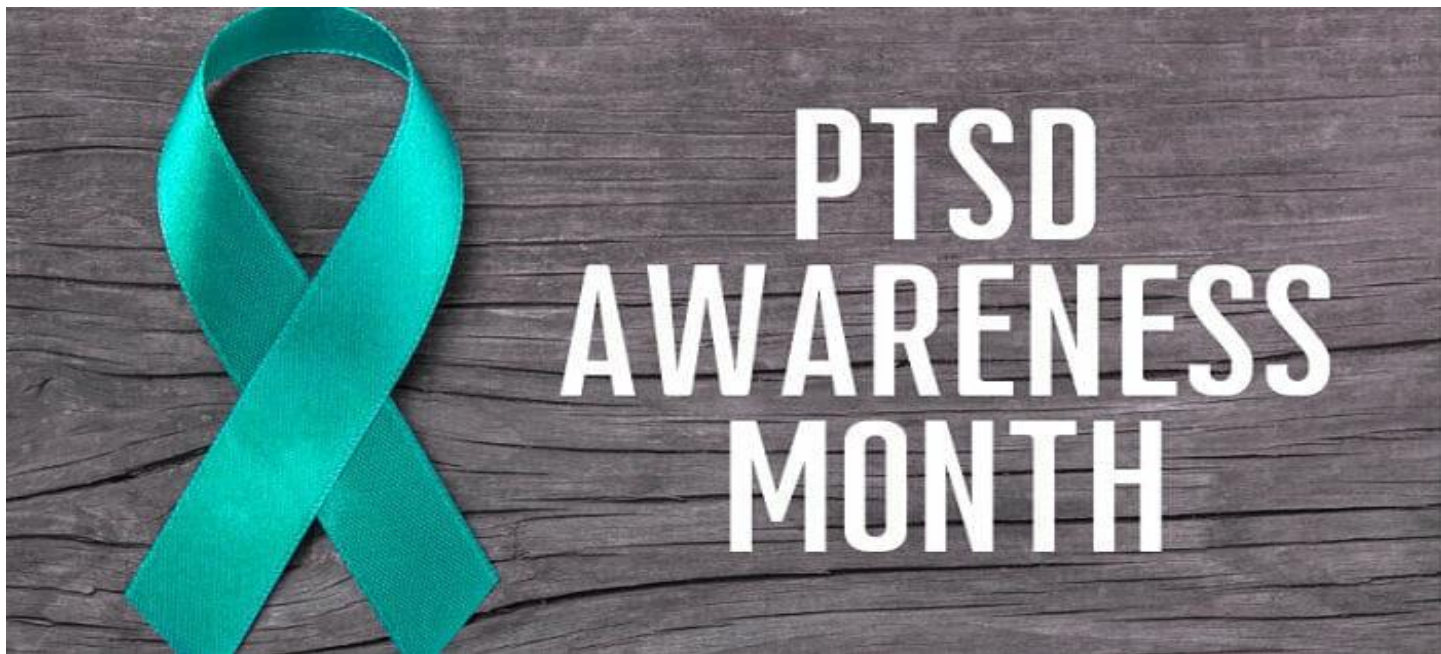


PTSD Awareness

WELCOME TO THIS MONTH'S EDITION OF LIVE WELL, WORK WELL. IN THIS ISSUE WE WILL BE FOCUSING ON THE IMPORTANCE OF PTSD AWARENESS.

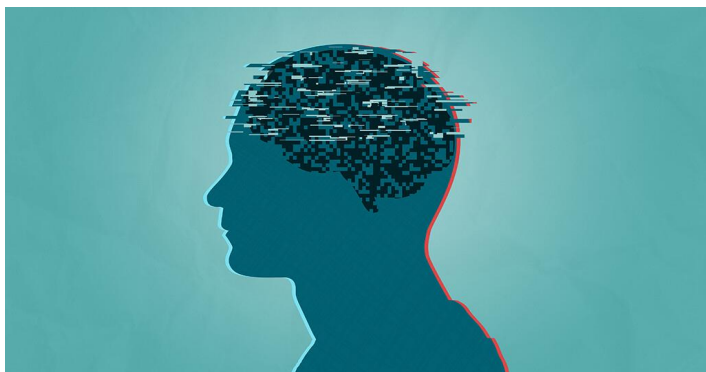


POST-TRAUMATIC STRESS DISORDER

Post-traumatic stress disorder (PTSD) is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.

It is natural to feel afraid during and after a traumatic situation. Fear triggers many split-second changes in the body to help defend against danger or to avoid it. This “fight-or-flight” response is a typical reaction meant to protect a person from harm. Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. People who have PTSD may feel stressed or frightened, even when they are not in danger.

Source: <https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/>



HUMAN RESOURCES DEPARTMENT

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Mission, TX 78572

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Risk Factors

Anyone can develop PTSD at any age. This includes war veterans, children, and people who have been through a physical or sexual assault, abuse, accident, disaster, or other serious events. According to the Nation Center for PTSD, about 7 or 8 out of every 100 people will experience PTSD at some point in their lives. Women are more likely to develop PTSD than men, and genes may make some people more likely to develop PTSD than others.

Some factors that increase risk for PTSD include:

- Living through dangerous events and traumas
- Getting hurt
- Seeing another person hurt, or seeing a dead body
- Childhood trauma
- Feeling horror, helplessness, or extreme fear
- Having little or no social support after the event
- Dealing with extra stress after the event, such as loss of a loved one, pain and injury, or loss of a job or home
- Having a history of mental illness or substance abuse



Source: <https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/>

Traumatic Events

The most common events leading to the development of PTSD include:

- Combat exposure
- Childhood physical abuse
- Sexual violence
- Physical assault
- Being threatened with a weapon
- An accident

Many other traumatic events also can lead to PTSD, such as fire, natural disaster, mugging, robbery, plane crash, torture, kidnapping, life-threatening medical diagnosis, terrorist attack, and other extreme or life-threatening events.

Source: <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>



PREVENTION

Prevention

After surviving a traumatic event, many people have PTSD-like symptoms at first, such as being unable to stop thinking about what's happened. Fear, anxiety, anger, depression, guilt - all common reactions to trauma. However, the majority of people exposed to trauma do not develop long-term post-traumatic stress disorder.

Getting timely help and support may prevent normal stress reactions from getting worse and developing into PTSD. This may mean turning to family and friends who will listen and offer comfort. It may mean seeking out a mental health professional for a brief course of therapy. Some people may also find it helpful to turn to their faith community.

Support from others also may help prevent you from turning to unhealth coping methods, such as misuse of alcohol or drugs.

Source: <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>

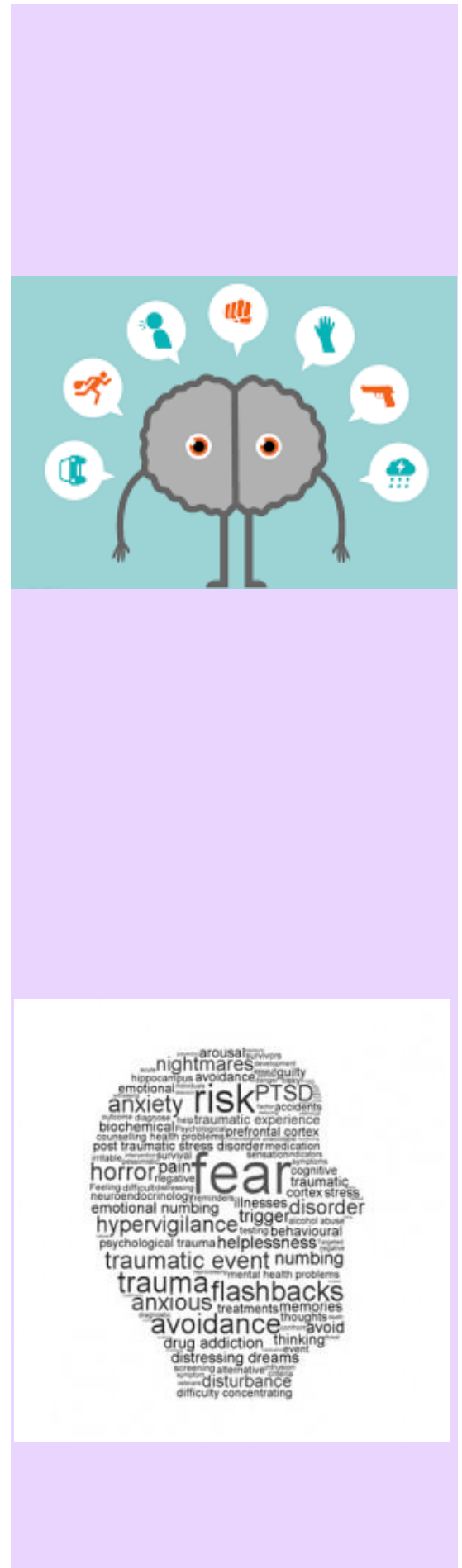
Complications

Post-traumatic stress disorder can disrupt your whole life - your job, your relationships, your health and your enjoyment of everyday activities.

Having PTSD may also increase your risk of other mental health problems, such as:

- Depression and anxiety
- Issues with drugs or alcohol use
- Eating disorders
- Suicidal thoughts and actions

Source: <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>



SIGNS AND SYMPTOMS

While most but not all traumatized people experience short term symptoms, the majority do not develop ongoing (chronic) PTSD. Not everyone with PTSD has been through a dangerous event. Some experiences, like the sudden, unexpected death of a loved one, can also cause PTSD. Symptoms usually begin early, within 3 months of the traumatic incident, but sometimes they begin years afterward. Symptoms must last more than a month and be severe enough to interfere with relationships or work to be considered PTSD. The course of the illness varies. Some people recover within six months, while others have symptoms that last much longer. In some people, the condition becomes chronic.

A doctor who has experience helping people with mental illnesses, such as a psychiatrist or psychologist, can diagnose PTSD.

To be diagnosed with PTSD, an adult must have all of the following for at least one month:

- At least one re-experiencing symptom
- At least one avoidance symptom
- At least two arousal and reactivity symptoms
- At least two cognition and mood symptoms

Re-experiencing symptoms include:

- Flashback-reliving the trauma over and over, including physical symptoms like a racing heart or sweating
- Bad dreams
- Frightening thoughts

Avoidance symptoms include:

- Staying away from places, events, or objects that are reminders of the traumatic experience
- Avoiding thoughts or feelings related to the traumatic event

Arousal and reactivity symptoms include:

- Being easily startled
- Feeling tense or “on edge”
- Having difficulty sleeping
- Having angry outbursts

Cognition and mood symptoms include:

- Trouble remembering key features of the traumatic event
- Negative thoughts about oneself or the world
- Distorted feelings like guilt or blame
- Loss of interest in enjoyable activities



Source: <https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/>

Did You Know?



DEPENDENT & HOUSEHOLD COVERAGE AVAILABLE THROUGH YOUR EAP

Your Employee Assistance Program (EAP) is a free confidential benefit available to you, your dependents, and household members. Coverage includes dependents who may not live within your household or who are attending college and extends for six (6) months post-employment.

In-the-moment telephonic support, counseling, legal and financial consultation, and work-life resources are available by calling our toll-free Helpline or you may call, text, or chat with a team member using our iConnectYou App.

Services are available nationally and can be easily accessed 24/7, offering you and your loved ones around-the-clock assistance for many of life's challenges.

CONTACT YOUR EAP 24/7

HELPLINE: (866) 327-2400

EMAIL: eap@deeroaks.com

WEBSITE: www.deeroakseap.com

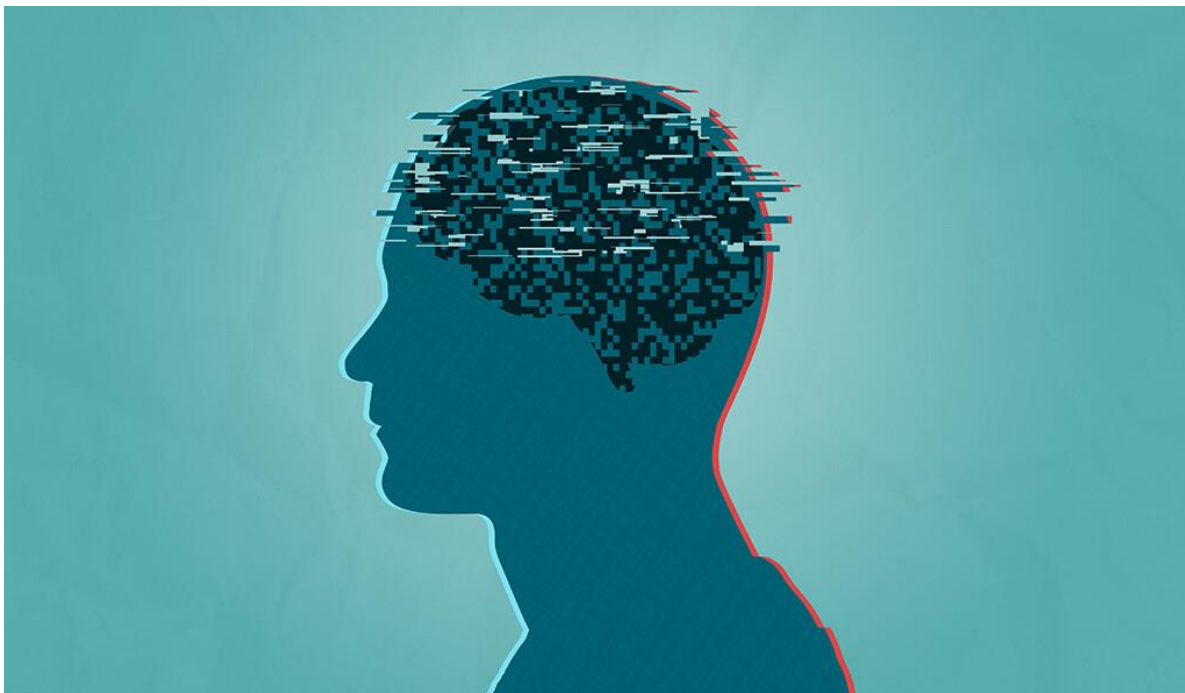
Causes

You can develop post-traumatic stress disorder when you go through, see or learn about an event involving actual or threatened death, serious injury or sexual violation.

Doctors aren't sure why some people get PTSD. As with most mental health problems, PTSD is probably caused by a complex mix of:

- Stressful experiences, including the amount and severity of trauma you've gone through in your life
- Inherited mental health risks, such as a family history of anxiety and depression
- Inherited features of your personality - often called your temperament
- The way your brain regulates the chemicals and hormones your body releases in response to stress

Source: <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>



Last Month's Winners:

May 20, 2021
"Bell's Palsy Awareness"
Cecilia Vega - DHR Goodie Bag
&
Jorge Nacienceno - DHR Goodie Bag

Upcoming Events:

Virtual PTSD Awareness Seminar
Thursday, June 3, 2021

Virtual Dehydration Seminar
Thursday, June 10, 2021

Deer Oaks Webinar: How to Handle Extremely Stressful Circumstances
Monday, June 14, 2021

<https://register.gotoweinar.com/register/5651564944937624845>

Employee Picnic & Kickball Tournament
Thursday, June 17, 2021

SOFA - Social Security Explained Webinar
Thursday, June 24, 2021

Let's Get Moving!

30-DAY WALKING CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WALK 1 MILE	WALK 1 MILE	WALK 1 MILE	OFF	WALK 1 MILE	WALK 1 MILE	WALK 1 MILE
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
OFF	WALK 1.5 MILES	WALK 1.5 MILES	WALK 1.5 MILES	OFF	WALK 1.5 MILES	WALK 1.5 MILES
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WALK 2 MILES	OFF	WALK 2 MILES	WALK 2 MILES	WALK 2 MILES	OFF	WALK 2 MILES
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WALK 2.5 MILES	WALK 2.5 MILES	OFF	WALK 2.5 MILES	WALK 2.5 MILES	WALK 2.5 MILES	OFF
DAY 29	DAY 30					
WALK 3 MILES	WALK 3 MILES					