CLÍNICA VIVALDI · FREE SHEET · TRAUMA AND STRESS

Post-traumatic stress disorder (PTSD)

After experiencing or witnessing a traumatic event, intrusive memories, nightmares, avoidance, constant alertness, and negative mood swings occur for more than a month.

COMMON SIGNS

- Memories or nightmares that keep coming back
- Avoiding everything that reminds them of the event
- Startling easily, irritability and a sense of danger

TIPS FOR YOU

1. Trauma-focused therapies are effective
2. Use grounding techniques: name 5 things you can see
3. Keep routines and social support

FOR FAMILY AND FRIENDS

1. Don't pressure them to tell you what happened
2. Offer safety, routine and presence

WHEN TO ASK FOR HELP

1. If there are thoughts of death: 024
2. If you turn to alcohol or other substances to cope

TO OBSERVE AND NOTE DOWN

☐ I have memories that come back without me wanting them to

☐ I have nightmares about what happened

☐ I avoid places or people that remind me of it

☐ I'm always on alert

☐ I startle easily

☐ I feel disconnected from other people

☐ I feel guilt or shame about what happened

☐ More than four weeks have passed and I'm not getting better

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-estres-postraumatico-tept
- Full article: Post-traumatic stress: clinicavivaldi.com/en/trastorno-estres-postraumatico
- Free guide: Trauma and post-traumatic stress: clinicavivaldi.com/en/guia-trauma
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

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