Post-traumatic Stress Disorder: Read Up on PTSD Symptoms

Introduction. Post-traumatic stress disorder PTSD is an anxiety disorder caused by very stressful, frightening or distressing events. Someone with PTSD often has repeated thoughts or memories of the traumatic event, feelings of hopelessness, or avoidant behaviors. PTSD often occurs in people who are involved in military service. PTSD can develop after experiencing or witnessing a traumatic event. Symptoms may include re-experiencing the trauma, avoiding reminders of the trauma, and numbing emotional responsiveness. PTSD can affect daily functioning and quality of life. Treatment options for PTSD include therapy, medication, and other approaches. PTSD is a serious and treatable condition. It is important to seek help if you or someone you know is experiencing symptoms of PTSD. PTSD symptoms can be managed and improved with appropriate treatment. PTSD can impact all aspects of life, including work, relationships, and physical health. It is important to take care of yourself and seek support when needed.