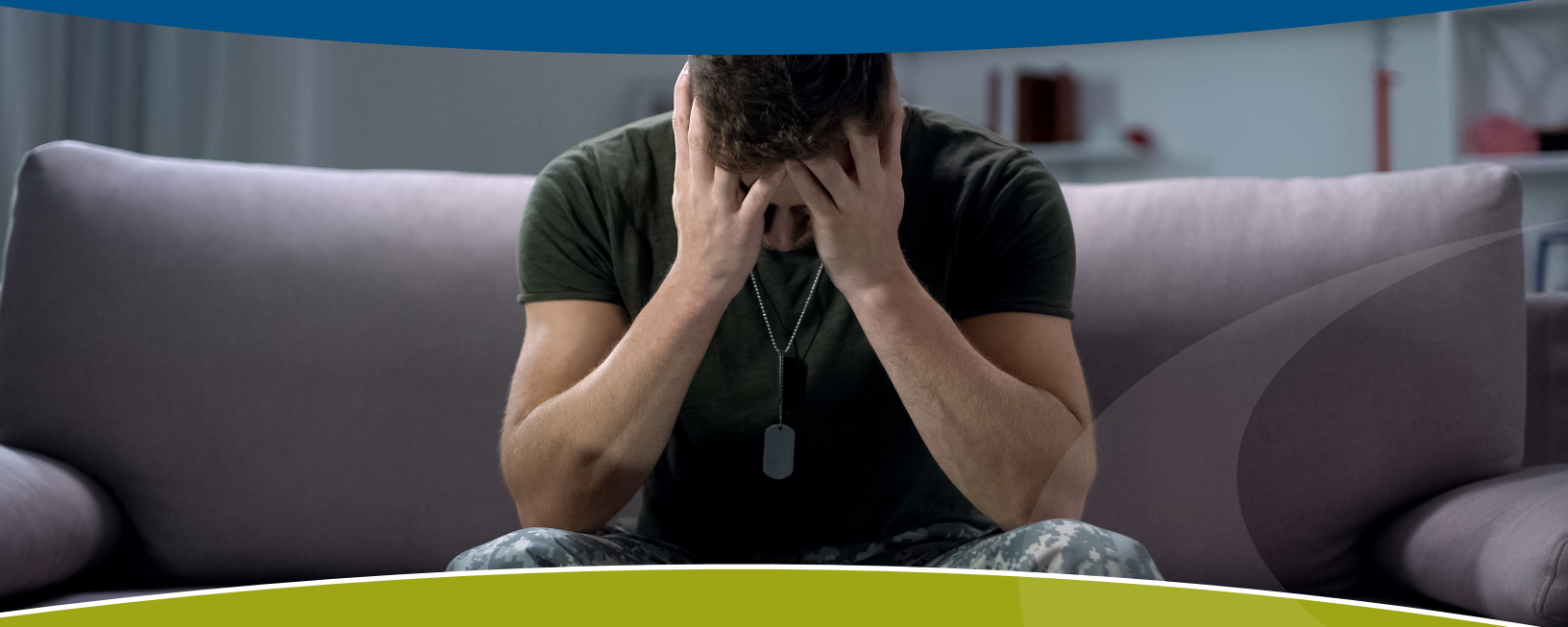




EFR EMPLOYEE & FAMILY RESOURCES

Post-Traumatic Stress Disorder



Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by experiencing or witnessing a terrifying event. This mental health disorder is one of the top issues for those that serve our country. As Veteran's Day is around the corner, it's a great time to honor the 21 million Americans who have served our country by understanding the risk factors, symptoms, and how to help those who live with PTSD.

While PTSD is commonly associated with Veterans, and rightfully so, this mental health disorder can be brought on by many forms of trauma.

PTSD can effect anyone that has experienced an extremely traumatic event which could include natural disasters, a serious accident, a terrorist act, war/combat, rape or other violent personal assaults.

Anyone at any age can have PTSD. However, certain factors, like childhood trauma or having blood relatives with a mental illness, could make you more likely to develop PTSD after experiencing a traumatic event.

KNOW THE SIGNS

Symptoms of PTSD can begin as soon as one month to several years after the traumatic event has happened. However, to be diagnosed with PTSD you must present a combination of the symptoms below for at least a month and the symptoms must interfere with your functioning in relationships or work.

- Intrusive thoughts: recurrent, involuntary memories, dreams, or flashbacks.
- Avoidance: this can be seen when the person avoids places, people, activities, talking, or thinking about anything that has to do with the traumatic event.

- Negative changes in thought or mood: feeling detached or numb, lacking interest in activities, difficulty being happy, and hopelessness about the future.
- Changes in reactions: this could be physical or emotional reactions including things like being easily startled, always on guard, irritability, trouble concentrating, and self-destructive behavior.

Click [here](#) for more information on Post-traumatic stress disorder.



WELLNESS

Quiet Time

The holidays bring about a certain noise and busyness to our lives so consider 11 minutes of quiet time each day this month to help you relax and feel more calm and centered.

Click [here](#) to download the November Monthly Motivator

Announcing our 2020 Monthly Motivator Themes!

The New Year is around the corner and it's never too early to plan your 2020 wellness events and activities! Let our Monthly Motivators provide you with programming ideas and take advantage of the ready-to-go resources available through EFR each month! Here is the month-by-month preview of our 2020 Motivators!

January: Jump-Start the New Year with well-being challenges

February: Focus on fitness with weekly target goals

March: Incorporate mindfulness in everything you do this month

April: Focus on positive attitudes at work and at home

May: Celebrate Mental Health Awareness Month with daily challenges to promote emotional well-being

June: Fun, weekly challenges that add joy to your life and the lives of your family and friends

July: Journey through the dog days of summer with fun, adventurous activities

August: Daily challenges to keep you moving as summer winds down

September: Strive for less stress and more peace

October: Kick it in the great outdoors and enjoy fun, fall festivities

November: Keep it nice and be thankful during the month of Thanksgiving

December: Dream big as you close out 2020 by hitting your final wellness goals



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To access EAP services, call 800.327.4692.

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