

A large red square graphic with a white border, centered on a white background. Inside the square, the text 'PTSD' and 'Post Traumatic Stress Disorder' is displayed in white.

**PTSD**

**Post Traumatic Stress  
Disorder**

# Definition:

Anxiety disorder characterized by haunting memories, nightmares, social withdrawal, jumpy anxiety, insomnia that lingers for four weeks or more after the traumatic experience

Examples: Rape, war, being a witness to a traumatic event

# Symptoms:

- Avoidance
- Intrusive memories
- Anxiety & emotions

# Causes:

- experiencing a significantly traumatizing experience

[https://m.youtube.com/watch?v=0y\\_a\\_V1QD3U](https://m.youtube.com/watch?v=0y_a_V1QD3U)