



## Advice on How to Help Loosen the Grip of PTSD on Your Life by Patrick Young

PTSD is a very real condition, commonly experienced by veterans who have gone through a dramatic experience during their time of service. However, it is one of those disorders that can be difficult to diagnose, let alone treat, as a result of the different spectrums and degrees of trauma that people go through. Nonetheless, here is some helpful advice that may be able to shed some light on what to do if you or your loved one is suffering from Post Traumatic Stress Disorder (or PTSD).

*If you know veterans suffering from Post Traumatic Stress Disorder, check out the [Northwest Veterans Newsletter](#) for the necessary support and guidance to help speed up their recovery.*

## Encourage them to seek professional help

Suppose your family member is suffering from PTSD and you just can't seem to reach through to them, try as you might. Then it may be better to encourage them to seek [professional help](#). A licensed practitioner should be able to determine if they require [anti-depression meds](#) to help them through this difficult patch. From a health perspective, they will take all factors into account, including their medical history, which should give you peace of mind that their judgment call is the right one for your loved one. And they will monitor them closely to see if any side effects do occur, as antidepressants aren't always necessarily the solution depending on the complexity of the condition.

## Being more informed about the condition

One of the few ways to try to come to a correct diagnosis on your own is to educate yourself (and others) as much as possible about the condition so that you can spot the [warning signs](#) when they appear. And although it's not always as simple as coming to a definitive conclusion on the matter, you'll at least be more prepared if your at-home diagnosis does prove to be correct. If so, you can then [empathize](#) with your loved ones more by being there to talk through their feelings with them so that they don't feel quite so alone as they navigate the healing process.

## Support groups may be helpful

Sometimes all one really needs to feel heard and understood is to be around people who are going through similar circumstances as them. In this case, joining a [support group](#) specifically for veterans may be helpful. Furthermore, it doesn't even need to be through an organization such as the [Innova Recovery Center](#); social media platforms can work just as well when it comes to joining communities that really care because they have walked a mile in a veteran's shoes.

## Helping them adjust

For those suffering from PTSD, sometimes it is the simplest everyday decisions that are the most difficult to get through. If your loved one has just returned home from service, then you could help them settle into normality quicker such as helping them acquire a new home or a regular job as these are the typical stressors that could trigger a PTSD patient into feeling worse than they already are, especially if they are struggling in these areas. Speaking of helping them

settle into a home quicker, it could also be beneficial to help ensure their home environment is calm and clutter-free so that they don't feel the added pressure of having to maintain an orderly home when this could be the furthest thing from their mind to do. A proper organization system could be helpful here to reduce unsightly clutter by simply reorganizing and rearranging closets and cabinets to, hopefully, create an environment that exudes [peace and harmony](#).

PTSD is indeed a sad and deeply troubling condition for sufferers as well as friends and family of sufferers and is not usually something that goes away overnight. However, with the right healing program, this condition can become more manageable, and can even be overcome in time, with the persistent love and support of those around them.

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