



Shepherd Care®

Revision Date:
May 22, 2023

To Care for People Where They Live and Work

COMMUNITY Care TOPIC

After the Fact Stress

After Shock

Post-Traumatic Stress Disorder (PTSD) is a crippling condition that can emerge after a serious crisis event- such as a loss of a loved one, car accident, sexual assault, terrorist attack, fatality, or other catastrophic or critical incident. PTSD was previously called shell shock and combat fatigue and is officially recognized as a mental disorder. Sufferers can experience flashbacks, nightmares, sudden outbursts, and are sometimes haunted for years after the trauma. Victims of PTSD can end up being withdrawn, speak less, and can get irritated easily.

How Did It Happen?

It is also important to note that with people exposed to the same terrible event, some may suffer these paralyzing stress symptoms and others are able to shake it off. One clue is that people who have experienced a critical incident such as child abuse or a severe event may increase their risk to experience PTSD in the future.

Stress First-Aid

Here are a few tips in dealing *and* protecting yourself from PTSD:

- Debrief- Talk, get counsel, share, and unload.
- Journal- Write and express your thoughts and feelings. This can help to come to terms with the incident.
- Get Help!
- Give Permission- Allow your family, friends, co-workers, and supervisors permission to speak to you if they observe your stress level approaching the critical mark.
- Relax in Healthy Ways- exercise, stretch, laugh, and consciously unwind. Avoid participating in harmful behaviors that can compound the situation and make it worse.

Do not become a stress causality- there are people and resources here to help you. Do something about it!

Introducing your Community Chaplain

Eric Kieselbach

(pronounced "key-sill-baa")

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"A guy comes after experiencing a serious accident or a lady arrives home after a miscarriage... They are withdrawn, yelling, or drinking excessively, or engaging in other destructive behaviors."

"Be not far from me;
for trouble is near."
Psalm 22:11

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