

WHAT CAN PEOPLE WITH PTSD DO TO COPE?

- √ Spend time with other people. Coping with stressful events is easier when people support each other.
- √ If it helps, talk about how you are feeling. Be willing to listen to others who need to talk about how they feel.
- √ Get back to your everyday routines. Familiar habits can be very comforting.
- √ Take time to grieve and cry if you need to. To feel better in the long run, you need to let these feelings out instead of pushing them away or hiding them.
- √ Ask for support and help from your family, friends, church, or other community resources. Join or develop support groups.
- √ Set small goals to tackle big problems. Take one thing at a time instead of trying to do everything at once.
- √ Eat healthy food and take time to walk, stretch, exercise, and relax, even if just for a few minutes at a time.
- √ Make sure you get enough rest and sleep. You may need more sleep than usual.
- √ If you are trying to do too much, try to cut back. Put off or give up a few things that are not absolutely necessary.
- √ Do something that just feels good to you like taking a warm bath, taking a walk, sitting in the sun, or petting your cat or dog.



Material adapted from the VA National Center for PTSD website:
<http://www.ncptsd.va.gov>

