8 WAYS TO MANAGE PTSD SYMPTOMS



GET TREATMENT

PTSD treatment works. Explore treatments and compare your options with the PTSD Treatment Decision Aid:
ptsd.va.gov/decisionaid



BUILD COPING SKILLS

Learn about and manage symptoms that often occur after trauma with PTSD Coach:
ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp



HEAR FROM VETERANS

Learn about PTSD from Veterans who've lived it. Watch videos about PTSD, treatment options, and the personal stories of Veterans, family members, and VA clinicians:
ptsd.va.gov/aboutface



PRACTICE MINDFULNESS

Reduce stress and improve well-being with Mindfulness Coach:
ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp



LIMIT ALCOHOL USE

Build skills to help you stop or cut back on drinking with VetChange:
ptsd.va.gov/PTSD/appvid/mobile/VetChange_app.asp



IMPROVE YOUR SLEEP

Manage insomnia and access tools to help you get your sleep back on track with Insomnia Coach:
ptsd.va.gov/PTSD/appvid/mobile/insomnia_coach.asp



PLAN SOMETHING ENJOYABLE

Use tools that can help you be in the moment, relax through breathing, or change negative thinking patterns with PTSD Coach Online:
ptsd.va.gov/apps/ptsdcoachonline/default.htm



CONTROL ANGER

Take VA's online course, Anger and Irritability Management Skills, to help control your reactions to irritating events:
veterantraining.va.gov/aims/

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National Center for PTSD
POSTTRAUMATIC STRESS DISORDER