

All About My Life With PTSD

What my PTSD feels like...

MENTALLY

EMOTIONALLY

PHYSICALLY

My triggers are...



Signs I may be struggling...



What I need on bad days...



Please try not to say...



I feel most supported when...



My favorite distractions are...



If you read this until the very end, I hope you know how much it means to me! Thank you for caring and trying to understand more about PTSD and how it affects my life.

The
MIGHTY

Making health about people