

# The Benefits Of PTSD

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**WARNING**

**IT IS POSSIBLE  
TO SURVIVE THIS  
BUT NOT UNALTERED**

Don't  
allow

your  
wounds

to  
turn  
you

into  
someone

you  
are  
not.





# Strategies to Manage Stress

(1 of 3)

- Minimize or eliminate stressors.
- Change partners to avoid a negative or hostile personality.
- Change work hours.
- Change the work environment.
- Cut back on overtime.
- Change your attitude about the stressor.
- Do not obsess over frustrating situations.
- Try to adopt a relaxed, philosophical outlook.



# General Health and Wellness

(2 of 4)

- Components of wellness
  - Protection from disease and hazards
  - Proper nutrition
  - Sufficient exercise
  - Sufficient sleep
  - Refraining from tobacco, drugs, and alcohol
  - Taking time to relax



## ALCOHOLISM SCREENING

"CAGE"

	DESCRIPTION	QUESTION
<b>C</b>	<b>CONCERN</b> by the person that there is a problem	Have you ever felt that you should <b>CUT</b> down on your drinking?
<b>A</b>	<b>APPARENT</b> to others that there is a problem	Have you ever become <b>ANNOYED</b> by criticisms of your drinking?
<b>G</b>	<b>GRAVE</b> consequences	Have you ever felt <b>GUILTY</b> about your drinking?
<b>E</b>	<b>EVIDENCE</b> of dependence or tolerance	Have you ever had a morning <b>EYE OPENER</b> to get rid of a hangover?

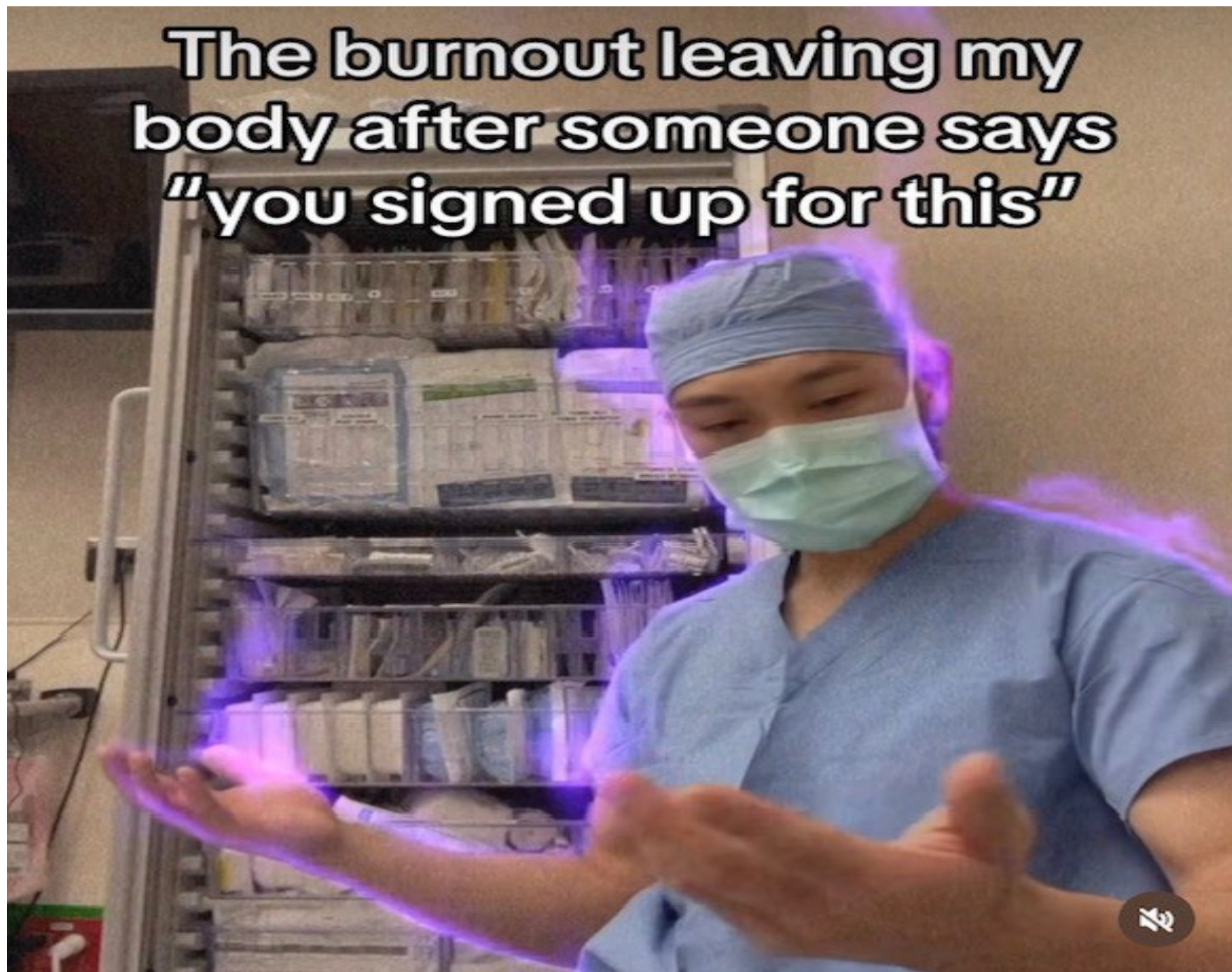
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**LEARN MORE: CAGE QUESTIONNAIRE**

CAGE questionnaire is a widely used and an extensively validated method of screening for alcoholism. Two "yes" responses indicate that the possibility of alcoholism should be investigated further.



**The burnout leaving my  
body after someone says  
"you signed up for this"**



**Neurology**



**Doctor, my back hurts when I  
wake up in the morning**



**VA  
Doctor**

**Wake up in the  
afternoon then**



**REMEMBER**

**IF YOU ARE  
NOT TALKING  
ABOUT IT**

**YOU ARE  
CARRYING  
IT**

**AND THAT  
SHIT GETS  
HEAVY**



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➤ [Prehosp Emerg Care](#). 2019 May-Jun;23(3):340-345. doi: 10.1080/10903127.2018.1514090.

Epub 2018 Sep 14.

## Death by Suicide—The EMS Profession Compared to the General Public

Neil H Vigil, Andrew R Grant, Octavio Perez, Robyn N Blust, Vatsal Chikani, Tyler F Vadeboncoeur, Daniel W Spaite, Bentley J Bobrow

PMID: 30136908 DOI: 10.1080/10903127.2018.1514090

### FULL TEXT LINKS



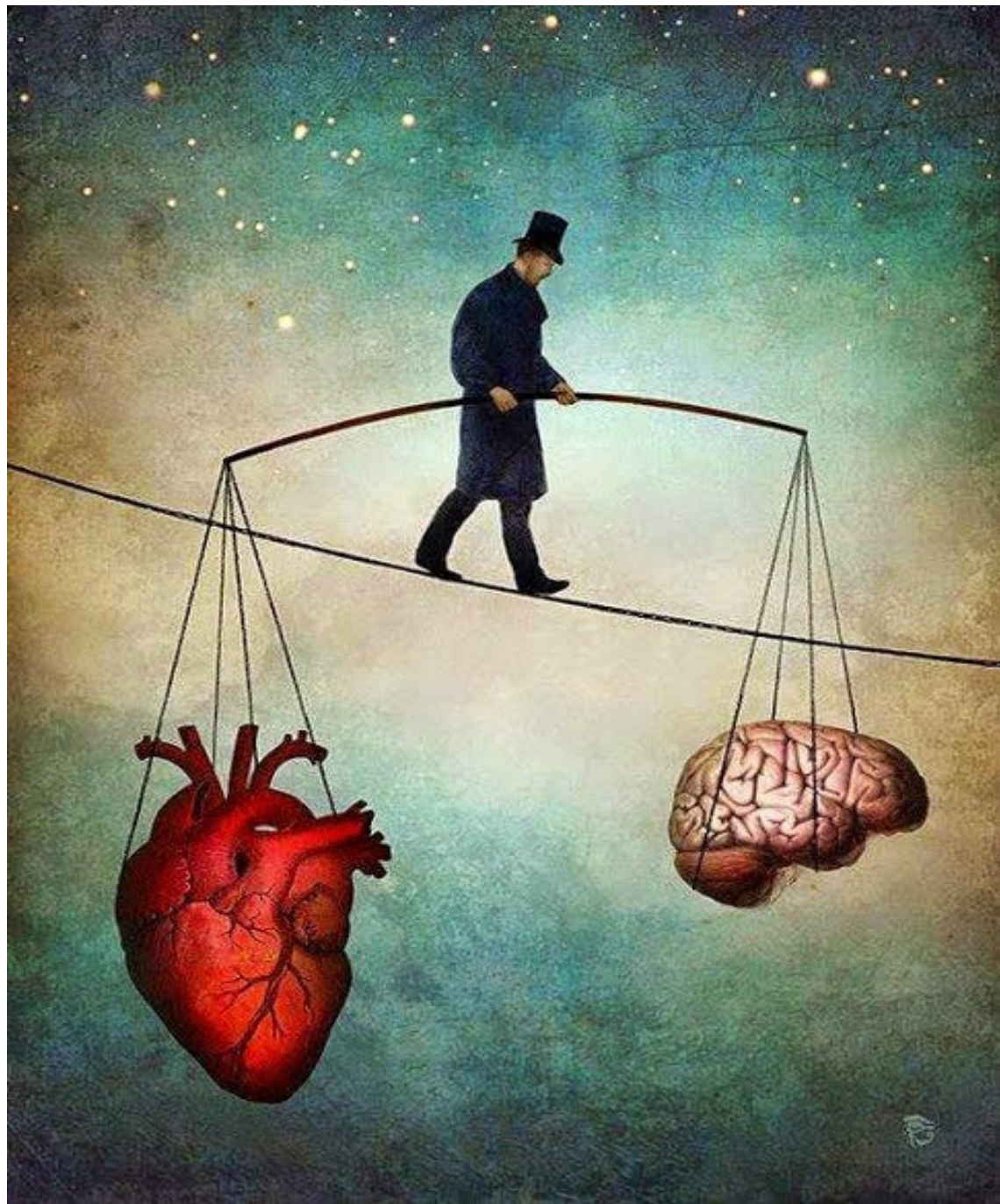
### ACTIONS

“ Cite

🔖 Collections

# Another Problem: Suicides

- **Results:** There were a total of 350,998 deaths during the study period with 7,838 categorized as suicide. The proportion of deaths attributed to suicide among EMTs was 5.2% while the percentage among non-EMTs was 2.2%.
- After adjusting for gender, age, race, and ethnicity, EMTs had higher odds that their death was by suicide than non-EMTs
- **Conclusion:** In this statewide analysis, we found that EMTs had a significantly higher Mortality Odds Ratio due to suicide compared to non-EMTs. Further research is necessary to identify the underlying causes of suicide among EMTs and to develop effective prevention strategies.



# RECOGNIZING THE SYMPTOMS OF PTSD

PTSD can present a wide range of symptoms that affect various aspects of a person's life. It is important to recognize these symptoms to seek timely support and treatment.

## Emotional and Psychological Symptoms

- Intense feelings of fear, anxiety, or sadness
- Feeling emotionally numb or detached from others
- Irritability, anger, or emotional outbursts

These symptoms can significantly impact relationships, work performance, and overall quality of life.

## Physical Symptoms and Co-occurring Conditions

- Chronic fatigue or insomnia
- Headaches, stomachaches, or other physical complaints
- Substance abuse or dependence



# Symptoms Of Post-Traumatic Stress Disorder (PTSD)



Intrusive Thoughts



Nightmares & Flashbacks



Hypervigilance  
or always on  
guard



Anxiety &  
Depression



Difficulty  
Sleeping or  
Concentrating



Substance Use  
or Self  
Destructive  
Behavior

# What Is Post-Traumatic Growth?

Post-traumatic growth involves a positive change in thinking or behavior as a result of a negative experience or trauma. For many people, thinking that good things can result from trauma is counterintuitive. However, life can take on new meaning as a survivor emerges from trauma.

Post-traumatic growth describes both the outcome and the process as individuals reshape their core beliefs, life goals, and values.

# When Does Post-Traumatic Growth Occur?

Post-traumatic growth does not occur immediately after a person's traumatic experience but begins to grow as a person begins to process their trauma and heal. It does not have a set timeline, but some studies suggest trauma survivors may experience this development two years after the event. It is important to note that not all trauma survivors experience post-traumatic growth, and there is nothing is wrong or abnormal with them.

# Signs of Post-Traumatic Growth

- Improved sense of self
- Increased self-confidence
- Enhanced resilience
- Deepened relationships
- Heightened appreciation for life
- Greater sense of purpose
- Increased empathy and compassion
- Expansion of one's worldview
- Psychological well-being

# How to Promote Post-Traumatic Growth

- Find a therapist
- Educate yourself
- Learn appropriate emotional regulation tools
- Try volunteering for a cause you're passionate about
- Make lifestyle changes
- Prioritize self-care
- Discuss your experience with safe people
- Re-evaluate your values
- Look toward the future





## Posttraumatic Growth Inventory

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Tedeschi and Calhoun (1996) developed the Posttraumatic Growth Inventory (PTGI) to assess post-trauma growth and self-improvement a person undergoes. A 21-item scale built on the five-factor model of Tedeschi, this inventory is one of the most valid and reliable resources for evaluating personal growth that follows a stressful encounter.

The statements included in the inventory are related to the following five factors:

- Personal Strength
- New Possibilities
- Improved Relationships
- Spiritual Growth
- Appreciation for Life

Each of the 21 items falls under one of the five factors and are scored accordingly. A summation of the scores indicates the level of post-traumatic growth.

The advantage of this scale is that the categorization of scores according to the five factors are suggestive of which area of self-development is predominant in us and which area might be a little behind.

For example, a high total score implies that the person has undergone a positive transformation. But a closer look at the scores of each section would provide a more in-depth insight into what has changed significantly and what aspects of the self may still need some improvement.

The PTGI was initially developed to measure favorable outcomes of a stressful life event. But with time, it became more popular as a test that provides direction to the participants about their future actions and suggests scope for self-improvement (Cann, Calhoun, Tedeschi, & Solomon, 2010).

Statements	Scoring					
	0	1	2	3	4	5
1. I changed my priorities about what is important in life.						
2. I have a greater appreciation for the value of my own life.						
3. I have developed new interests.						
4. I have a greater feeling of self-reliance.						
5. I have a better understanding of spiritual matters.						
6. I more clearly see that I can count on people in times of trouble.						
7. I established a new path for my life.						
8. I have a greater sense of closeness with others.						
9. I am more willing to express my emotions.						
10. I know that I can handle difficulties.						
11. I can do better things with my life.						
12. I am better able to accept the way things work out.						
13. I can better appreciate each day.						
14. New opportunities are available which wouldn't have been otherwise.						
15. I have more compassion for others.						
16. I put more effort into my relationships.						
17. I am more likely to try to change things that need changing.						
18. I have stronger religious faith.						
19. I discovered that I'm stronger than I thought I was.						
20. I learned a great deal about how wonderful people are.						
21. I better accept needing others.						

## Scoring the PTGI

Participants indicate their scores on a 6-point scale where:

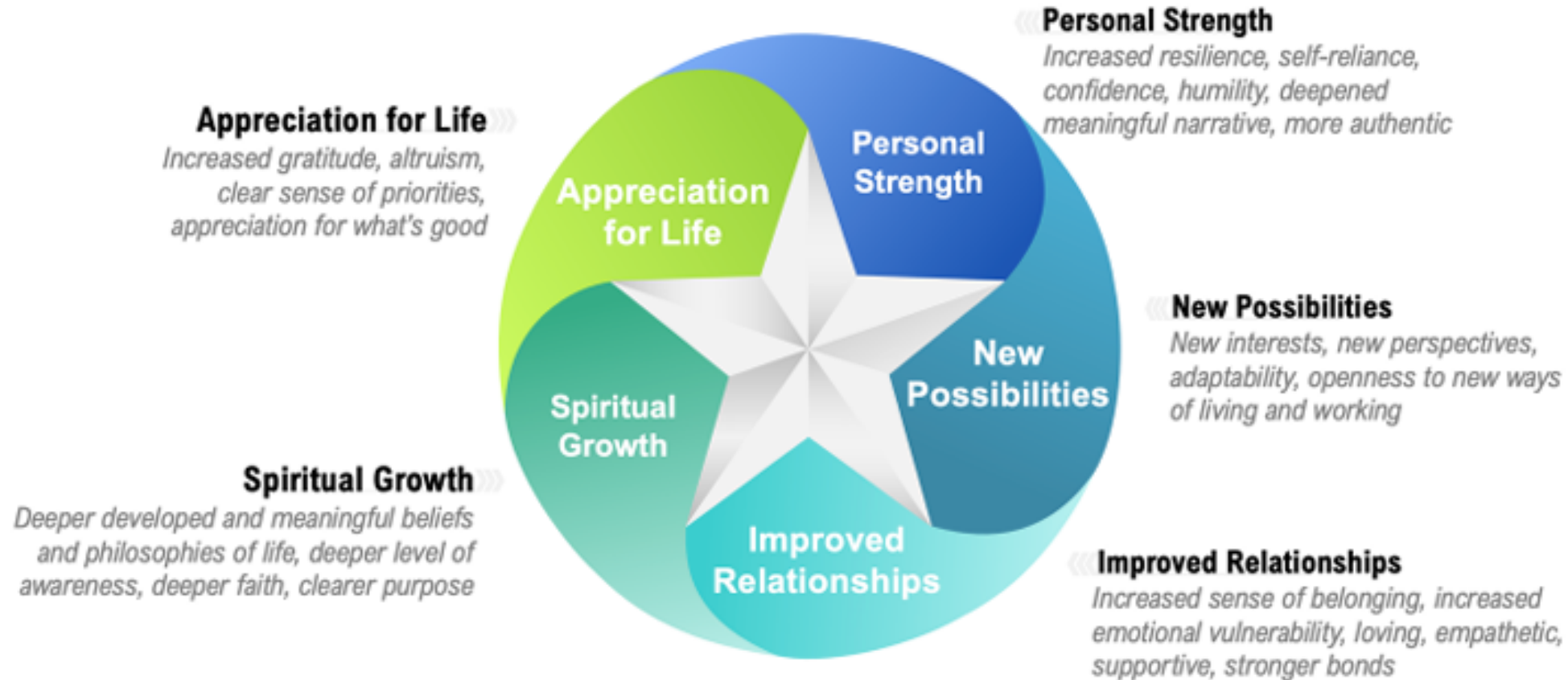
- 0 implies – I did not experience this as a result of my crisis.
- 1 implies – I experienced this change to a very small degree as a result of my crisis.
- 2 implies – I experienced this change to a small degree as a result of my crisis.
- 3 implies – I experienced this change to a moderate degree as a result of my crisis.
- 4 implies – I experienced this change to a great degree as a result of my crisis.
- 5 implies – I experienced this change to a very great degree as a result of my crisis.

Below is an overview of the test items along with the categorization of the five factors.

Factor	Item Numbers
Personal Strength	4, 10, 12, 19
New Possibilities	3, 7, 11, 14, 17
Improved Relationships	6, 8, 9, 15, 16, 20, 21
Spiritual Growth	5, 18
Appreciation for Life	1, 2, 13



# Posttraumatic Growth Areas



Source: Calhoun & Tedeschi (2004)

## Reflection Questions

- What areas have I experienced growth? What impact is that having on me?
- What areas do I score moderate or low? What is contributing to my experience?
- What do I want to celebrate?
- What is one area I would like to make some adjustments so I can improve myself?

## Sources

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- PositivePsychology.com - Posttraumatic Growth (2021)
- Tedeschi, R. G. & Calhoun, L. G. (1996). The posttraumatic growth inventory: Measuring the positive legacy of trauma. *Journal of Traumatic Stress*. 9, 455-471.
- Tedeschi, R. G. (2020). Growth after trauma: Five steps for coming out of a crisis stronger. *Harvard Business Review*. July-August

# INDIVIDUAL STRESS CONTINUUM

GREEN READY	YELLOW REACTING	ORANGE INJURED	RED CRITICAL
Healthy Sleep	Sleep Loss	Sleep Issues/ Nightmares	Insomnia
Healthy Personal Relationships	Distance From Others	Disengaged Relationships	Broken Relationships
Spiritual & Emotional Health	Change In Attitude	Feeling Trapped	Intrusive Thoughts
Physical Health	Fatigue	Exhausted	Anxiety & Panic
Emotionally Available	Avoidance	Physical Symptoms	Depression
Gratitude	Short Fuse	Emotional Numbness	Feeling Lost or Out of Control
Vitality	Criticism	Suffering	Thoughts Of Suicide
Room For Complexity	Lack of Motivation	Isolation	Blame
Sense of Mission	Cutting Corners	Burnout	Hopelessness
	Loss of Creativity		
	Loss of Interest		

## Thriving "I got this."

- Calm and steady with minor mood fluctuations
- Able to take things in stride
- Consistent performance
- Able to take feedback and to adjust to changes of plans
- Able to focus
- Able to communicate effectively
- Normal sleep patterns and appetite

## Surviving "Something isn't right."

- Nervousness, sadness, increased mood fluctuations
- Inconsistent performance
- More easily overwhelmed or irritated
- Increased need for control and difficulty adjusting to changes
- Trouble sleeping or eating
- Activities and relationships you used to enjoy seem less interesting or even stressful
- Muscle tension, low energy, headaches

## Struggling "I can't keep this up."

- Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness
- Exhaustion
- Poor performance and difficulty making decisions or concentrating
- Avoiding interaction with coworkers, family, and friends
- Fatigue, aches and pains
- Restless, disturbed sleep
- Self-medicating with substances, food, or other numbing activities

## In Crisis "I can't survive this."

- Disabling distress and loss of function
- Panic attacks
- Nightmares or flashbacks
- Unable to fall or stay asleep
- Intrusive thoughts
- Thoughts of self-harm or suicide
- Easily enraged or aggressive
- Careless mistakes and inability to focus
- Feeling numb, lost, or out of control
- Withdrawal from relationships
- Dependence on substances, food, or other numbing activities to cope

# THE STRESS CONTINUUM

READY	REACTING	INJURED	ILL
<ul style="list-style-type: none"><li>• <b>COPING WITH STRESSORS</b></li><li>• <b>CONTINUES TO FUNCTION WELL</b></li></ul>	<ul style="list-style-type: none"><li>• <b>TEMPORARY OR MILD STRESS</b></li><li>• <b>SIGNS OF THAT STRESS GOES AWAY</b></li></ul>	<ul style="list-style-type: none"><li>• <b>SEVERE OR PERSISTENT DISTRESS OR IMPAIRMENT</b></li><li>• <b>LASTING CHANGE IN BEHAVIOR OR PERSONALITY</b></li></ul>	<ul style="list-style-type: none"><li>• <b>SEVERE DISTRESS OR LOSS OF FUNCTION THAT IS BAD ENOUGH OR PERSISTED LONG ENOUGH TO BE DIAGNOSABLE</b></li></ul>

**INDIVIDUAL RESPONSIBILITY**

**PEERS AND UNIT LEADERS PRIMARILY ASSIST IN GREEN-YELLOW ZONES, THEN CONTINUE SUPPORT IN THE ORANGE-RED ZONES BY IDENTIFYING SIGNS AND GETTING MARINES THE ASSISTANCE THEY NEED**

**CHAPLAIN, MEDICAL, AND MENTAL HEALTH PROFESSIONALS' RESPONSIBILITY IS STRONG IN THE ORANGE-RED ZONES. THEY CAN PROVIDE ASSISTANCE IN ANY ZONE**



MRT Resource Center: <https://armyfit.army.mil/>

**MRT Competencies:** Self-awareness • Self-regulation • Optimism • Mental Agility • Strengths of Character • Connection

## Goal Setting



Identify, plan for, and commit to the pursuit of a goal that results in more optimal performance, sustained motivation, and increased effort.

7 Steps of Goal Setting:

- Step 1: Define your goal
- Step 2: Know where you are right now
- Step 3: Decide what you need to develop
- Step 4: Make a plan for steady improvement
- Step 5: Pursue regular action
- Step 6: Commit yourself completely
- Step 7: Continually monitor your progress

## Hunt the Good Stuff



Hunt the Good Stuff to counter the Negativity Bias, to create positive emotion, and to notice and analyze what is good.

Record three good things each day and write a reflection next to each positive event about one or more of the following topics:

- Why this good thing happened
- What this good thing means to you
- What you can do tomorrow to enable more of this good thing
- What ways you or others contribute to this good thing

## ATC



Identify your Thoughts about an Activating Event and the Consequences of those Thoughts.

Separate the A (Activating Event) from your T (Thoughts) from the C (Consequences: Emotions and Reactions) in order to understand your reactions to a situation.

Thought Themes	Emotions/Reactions
Loss	Sadness/Withdrawal
Danger	Anxiety/Agitation
Trespass	Anger/Aggression
Inflicting harm	Guilt/Apologizing
Negative comparison	Embarrassment/Hiding
Positive contribution	Pride/Sharing, planning future achievements
Appreciating what you have received	Gratitude/Giving thanks, paying forward
Positive future	Hope/Energizing, taking action

## Energy Management



Take control of your physical state, bring your focus to the present moment, and perform more optimally.

2 Components of Deliberate Breathing:

- Rhythmic Breathing: Breathe deeply to a slow cadence, focus on your breathing, and unlock muscle tension during exhalation
- ATC Control: work towards becoming proficient at exerting control over our Thoughts, Emotions, and physical Reactions

## Detect Icebergs



Identify and evaluate core beliefs and core values that fuel out-of-proportion emotions and reactions.

Use the "What" questions in any order to help identify the Iceberg:

- What is the most upsetting part of that for me?
- What does that mean to me?
- What is the worst part of that for me?
- Assuming that is true, what about that is so upsetting to me?

Once you've identified your Iceberg, think about...

- whether you still believe/value this Iceberg and consider whether or not the Iceberg is overly rigid in some situations.
- whether your Iceberg is getting in your way in some situations and what specific actions you would take if you want to change your Iceberg.
- what you can do to change your emotions or reactions to make these types of situations go better for yourself and others.
- whether there is a more direct conversation you need to have with someone and what the conversation is about.

## Problem Solving



Accurately identify what caused the problem and identify solution strategies.

Identify your thoughts about why the problem happened, identify other factors with Critical Questions, test them for accuracy, and then identify solution strategies:

- Step 1: What's the problem you're trying to solve?
- Step 2: What caused the problem?
- Step 3: What did you miss?
- Step 4: What's the evidence that each factor contributed to the problem?
- Step 5: What really caused the problem?
- Step 6: What can you do about it?

Fight the Confirmation Bias: Distance yourself from your thought, ask fair questions to gather the evidence for and against your thought, and consult with others.

MRT Version 3.1

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**COMPREHENSIVE  
SOLDIER & FAMILY FITNESS**  
BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

# MRT Skills Overview



## Put It In Perspective



Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the Worst, Best, and Most Likely outcomes of a situation.

Identify the Worst, Best, and Most Likely outcomes of a situation in that order and develop a plan for dealing with the Most Likely outcomes:

- Step 1: Describe the Activating Event
- Step 2: Capture Worst Case thoughts and ask, "And then what happens?" or "What else?"
- Step 3: Generate Best Case thoughts and ask, "And then what happens?" or "What else?"
- Step 4: Identify Most Likely outcomes
- Step 5: Develop a plan for dealing with Most Likely outcomes

## Mental Games



Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.

Take your mind off of counterproductive thoughts by using games that:

- Require your full attention
- Are hard and fun
- Can be done within a few minutes

## Real-Time Resilience



Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.

Fight back against counterproductive thoughts by using the Sentence Starters:

- That's not completely true because...(Evidence)
- A more optimistic way of seeing this is...(Optimism)
- The most likely implication is...and I can...(Perspective)

Avoid the common Pitfalls: Dismissing the grain of truth, minimizing the situation, rationalizing or excusing one's contribution to a problem, and weak responses

## Identify Character Strengths in Self and Others



Identify Character Strengths in yourself and in others to build on the best of yourself and the best of others.

Identify your top Character Strengths and those of others and identify ways to use your strengths to increase your effectiveness and strengthen your relationships.

VIA Character Strengths (based on the work of Dr. Christopher Peterson):

- Appreciation of beauty and excellence • Bravery • Capacity to love • Caution, prudence • Citizenship, teamwork • Creativity • Curiosity • Fairness • Forgiveness • Gratitude • Honesty • Hope • Humor • Industry, perseverance • Judgment, critical thinking • Kindness • Leadership • Love of learning • Modesty • Perspective • Self-control and self-regulation • Social intelligence • Spirituality, sense of purpose • Zest



## Character Strengths: Challenges and Leadership



Use Character Strengths in yourself and others to overcome challenges, increase team effectiveness and strengthen your leadership.

Identify the Character Strengths you will use and the specific actions those Character Strengths will lead to:

- Name the Character Strengths that was used or will be used.
- Use your Character Strengths to be a more effective leader.
- Draw on Character Strengths of team members for complex challenges.

## Assertive Communication



Communicate clearly and with respect, especially during a conflict or challenge. Use the IDEAL Model to communicate in a Confident, Clear, and Controlled manner.

Use the IDEAL Model to communicate assertively:

- I = Identify and understand the problem
- D = Describe the problem objectively
- E = Express your concerns and how you feel
- A = Ask the other person for his/her perspective and ask for a reasonable change
- L = List the positive outcomes that will occur if the person makes the agreed upon change

## Effective Praise and Active Constructive Responding



Praise to build mastery and winning streaks. Respond to others with authentic, active and constructive interest to build strong relationships.

Create "winning streaks" by using Effective Praise to name strategies, processes, or behaviors that led to the good outcome. Active Constructive Responding is a style of responding to someone's good news. It is the only style that strengthens the relationship. ACR is based on the work of Dr. Shelly Gable.

	<b>Constructive</b>	<b>Destructive</b>
<b>Active</b>	<b>Joy Multiplier</b> Authentic interest, elaborates the experience	<b>Joy Thief</b> Squashing the event; negative focus
<b>Passive</b>	<b>Conversation Killer</b> Quiet, understated support; conversation fizzles out	<b>Conversation Hijacker</b> Ignoring the event; changing the conversation to another topic

# TYPES OF PTSD TREATMENTS

