

post (P)

traumatic (T)

stress (S)

disorder (D)

what is it?

PTSD is a disorder in which a person struggles to recover from either watching or experiencing an extremely scary event.

a person who struggles with PTSD will also face "triggers" that serve as reminders of the past traumatic event. triggers can be sights, sounds, smells, or even just a thought.

all the bright places

synopsis: All The Bright Places is a 2015 novel by Jennifer Niven that was turned into a movie in 2020. The story follows a teenage girl, Violet Markey, who has been struggling with survivor's guilt (a symptom of PTSD) ever since her sister's death a few months earlier. As a result, Violet appears dejected, numb, irritable, and unmotivated. Then, she is befriended by an outgoing

classmate named Theodore Finch. Their relationship reminds Violet of the joys in life, which makes sense because a main way to cope with survivor's guilt is to connect with other people.

what are the symptoms?

- ① reliving the traumatic event
↳ flashbacks, nightmares, etc.
- ② hyper-alertness / anxiety
↳ panicky, irritable, jumpy, difficulty concentrating, fatigue from bad sleep
- ③ trying to avoid feelings + memories
- ④ feelings of distrust, loneliness, and guilt

this is where survivor's guilt comes in as a symptom of PTSD.

how is PTSD treated?

- ① medication
↳ PTSD patients are often prescribed SSRIs, also known as "selective serotonin reuptake inhibitors". these are a type of antidepressant that is aimed at resolving the anxiety component of PTSD.
- ② therapy

↳ cognitive behavioral therapy is often used to resolve negative thoughts and correct emotional behavior to be more "appropriate".

this is where close interpersonal relationships come into play, which is how Violet resolved her survivor's guilt.

what are the causes?

PTSD develops after a person has either witnessed or experienced a traumatic event, some of the most common are:

- motor vehicle accidents **★ war**
- being violently attacked / raped
- being abused or harassed

soldiers used the term "shell shock" to describe the PTSD they experienced as a result of the war trauma