

8 WAYS TO MANAGE PTSD SYMPTOMS



GET TREATMENT

PTSD Treatment works! Compare options with the PTSD Treatment Decision Aid:

www.ptsd.va.gov/decisionaid/



PRACTICE MINDFULNESS

Reduce stress and improve well-being with Mindfulness Coach:

www.ptsd.va.gov/mobile/mindfulcoach_app.asp



LIMIT ALCOHOL USE

Get support and cut back on drinking. Try VetChange:

www.ptsd.va.gov/mobile/VetChange_app.asp



IMPROVE YOUR SLEEP

Get better quality sleep and tools to get your sleep back on track with Insomnia Coach:

www.ptsd.va.gov/mobile/insomnia_coach.asp



BUILD COPING SKILLS

Learn about and manage symptoms that often occur after trauma with PTSD Coach:

www.ptsd.va.gov/mobile/ptsdcoach_app.asp



PLAN SOMETHING ENJOYABLE

Find and schedule activities that can help improve your mood with PTSD Coach Online tools:

www.ptsd.va.gov/apps/ptsdcoachonline



CONTROL ANGER

Manage your temper and get support with the AIMS online program:

www.veterantraining.va.gov/aims



HEAR FROM VETERANS

Watch and read real stories of life with PTSD from Veterans who have been there:

www.ptsd.va.gov/aboutface/



VA



U.S. Department
of Veterans Affairs

National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER