

# POST-TRAUMATIC STRESS DISORDER

## Diagnosis and Symptoms

Symptoms develop as a result of exposure to a traumatic event, oppressive situation, natural or unnatural disasters

- Flashbacks
- avoidance of emotional experiences
- anxiety, excessive arousal
- difficulties with memory and concentration
- impulsive outbursts



# Stress Without Disasters

**Padhraic Smyth**



## **Stress Without Disasters:**

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