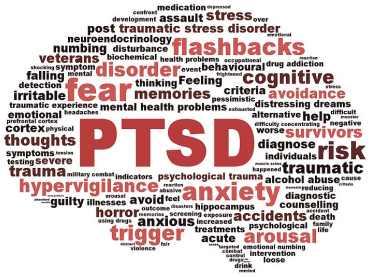
BG CARES

Come sit with us!

Counseling Center
Bowling Green State University

BGSU Counseling Center March 2017

Trauma and PTSD



- Although most people (50-90%) encounter trauma over a lifetime, only about 8% develop full PTSD
- When your sense of safety are shattered by a traumatic event, it's normal for the mind and body to be in shock
- This normal response to trauma becomes PTSD when the symptoms do not ease up and your nervous system feels "stuck" in this mode and fails to recover
- Two-thirds of college students surveyed in a study said they had experienced at least one traumatic event
- In the above mentioned study, just under 10% of the college students were found to meet criteria for PTSD

Different types of trauma

- War
- Natural disasters
- Car or plane crashes
- Sudden death of a loved one
- Sexual or physical abuse
- Childhood neglect

Common symptoms of PTSD

- Recurrent, unwanted memories
- Flashbacks to the event
- Nightmares
- Emotional/physical reactions to reminders of the event
- Trying to avoid things that remind you of the event
- Lack of enjoyment in activities you once enjoyed
- Memory problems, trouble concentrating

Upcoming Events:

GRIT WEEK!!

Monday through Friday, come to BTSU from 11:30—1:30 to learn about GRIT and participate in a fun and challenging activity!

BGSU Counseling Center

- Individual, group and couples counseling
- Workshops and events on campus
- Crisis Intervention
- Start services by coming to our Walk-In Hours:
  Mon - Fri: 1:30pm - 4:00pm

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00

What can I do to cope with trauma?

- Reach out, connect with others, talk about the experience with empathic listeners
- Hard exercising and relaxation exercises
- Maintain a balanced diet and sleep cycle as much as possible
- Avoid over-using stimulants (caffeine, sugar, nicotine, other drugs)
- Commit to doing something personally meaningful every day
- Express your feelings by crying, using humor, music, art, writing, etc.