
Recommended Resources: PTSD & TBI

Definition: Post-Traumatic Stress Disorder (PTSD) is the body's normal response to a traumatic event, causing both physical symptoms (racing heart rate, muscle tension, hormonal cascade, hypervigilance, violent nightmares or flashbacks) and psychological (fear, anxiety, sadness, anger, vulnerability) symptoms.

Traumatic Brain Injury (TBI) is a physical injury to the brain and symptoms range widely depending on the severity and area of the brain affected by the injury. Symptoms may include memory and focus/concentration issues, personality changes, unfiltered speech, dizziness and balance issues.

Both PTSD and TBI may present with insomnia, personality changes, anger, isolation, depression, frustration and it's important to seek treatment as management of most symptoms is possible.

Resources PTSD <http://www.ptsd.va.gov/>

PTSD <http://www.realwarriors.net/veterans/treatment/ptsdtreatment.php>

PTSD <http://www.webmd.com/mental-health/tc/post-traumatic-stress-disorder-family-and-community>

TBI <http://www.vetsfirst.org/symptoms-of-traumatic-brain-injury-in-combat-vets/>

TBI <http://www.homebaseprogram.org/service-members-and-veterans/recognizing-invisible-wounds.aspx>

TBI & PTSD <http://bit.ly/1Rp9hun>

Podcast TBI http://bit.ly/TBI_HBOT

Videos TBI, WRNMMC <https://www.youtube.com/watch?v=bgF0d7g9hUM>

TBI & PTSD <https://www.youtube.com/watch?v=zBPRReVqSI7g>

TBI & PTSD <https://www.youtube.com/watch?v=qbxVINWh88o>