

WHAT IS PTSD?

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For more information about the SAGA program to help veterans with PTSD see
<http://www.sift.net/research/health-and-telemedicine/saga>



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AND THE WHOLE **POINT** OF IT IS TO SUMMON UP ALL OF THOSE **BAD MEMORIES**.



AND THEN TO **REALLY** THINK ABOUT THEM. TO GO THROUGH THEM **MINUTE** BY **MINUTE**. TO FEEL LIKE YOU FELT WHEN THEY WERE **HAPPENING**.

IF YOU'RE WORKING THAT HARD TO **AVOID** THINKING ABOUT THOSE THINGS EVEN FOR A **MOMENT**...



...THEN TO **CONFRONT** THEM IN **THERAPY** IS A PRETTY **DAUNTING TASK**.



YEAH. EVEN JUST THE **IDEA** OF IT IS **STRESSING** ME OUT.



OKAY, COME ON. **LET'S GO**.

WHAT? **WHERE?**



LET'S SEE IF WE CAN'T **DO** SOMETHING ABOUT THAT.



FIX-IT

KNOWLEDGE · SKILLS · SWEAT

WORKING THROUGH PTSD IS A LOT LIKE **HOME REPAIR**.



IT CAN BE **FASTER** TO DO IT WITH A **PRO**, LIKE A **THERAPIST**.



BUT IF YOU HAVE SOME OF THE **RIGHT TOOLS**, YOU CAN DO A LOT OF IT **YOURSELF**.



