



MediCare

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POST-TRAUMATIC STRESS DISORDER

We all have “the fight or flight response” to life threatening, shocking, terrifying and dangerous situations. Last week many of us in this city, and thousands more around globe, were witnessing, live on the television, the tragic ending of a supposedly happy tour for several families from our community. The effects of such a disastrous incident on our body and soul cannot be underestimated. Post-traumatic stress disorder (PTSD) is found in people exposed to a traumatic event, and they suffer from fear, irritability, anxiety, depression, helplessness, horror, insomnia, distressing dreams, difficulties in concentrating and memory, tiredness, impairment in social and daily life functioning, etc.

It is important to seek help if we feel troubled by the news or if we are not comfortable, either mentally or physically. There are help lines, counseling and debriefing services provided by the Social and Welfare Department and community organizations.

The goal is to restore functioning of our mental, bodily and social wellbeing. Here are some tips in addition to seeking professional help: spend time with family and friends; think about people who do care and share your feelings with them; take on more physical exercise and relaxation activities; avoid drugs or alcohol; maintain the normal daily schedule as much as possible; do things that make you feel good; have plenty of rest and most of, eat well and eat regularly. Moreover, drinking plenty of water is also good for the mind and body. Consult your family doctor if you are not sure what to do. Do not take things upon your shoulders.