



JUNE 2020



Debunking 5 PTSD Myths

Promoting Wellness With Yoga

In honor of Post-Traumatic Stress Disorder (PTSD) Awareness Month, educate yourself and those around you regarding some of the common myths that surround the disorder.

Yoga is a practice that is 5,000 years old, making it one of the oldest practices of physical & spiritual wellness there is. There are 100 types of yoga, of varying intensity & pace, meaning there is likely a yoga practice that you could benefit from. But why would you want to practice yoga? Yoga utilizes stretching poses, which can improve flexibility. One study showed a 35% improvement in flexibility after just 8 weeks of yoga. Yoga also incorporates building strength, particularly core strength, which can improve posture and help with joint pain. During practice, deep breathing is used to move through poses, promoting relaxation and reducing cortisol levels, which has been shown to help with anxiety & depression. As with any physical activity, is important to consult with your doctor to make sure a yoga practice will benefit your health needs & support overall wellness.

1. **PTSD happens right after trauma** – Symptoms can occur months or years after the traumatic situation or event ends & symptoms can resolve and/or reoccur later.
2. **PTSD only affects soldiers** – Just as not all soldiers will develop PTSD, only a small percentage of the 8 million Americans living with PTSD have served in the military.
3. **People with PTSD are weak** – PTSD is not a disorder that one can will themselves free of & there are a number of factors that increase an individual's susceptibility to PTSD, including genetics, lack of support resources, previous trauma, and daily stressors.
4. **People with PTSD are dangerous** – Media often depicts people with PTSD having flashbacks where they become aggressive and are unaware of their surroundings. Psychosis and aggression are rare in PTSD.
5. **PTSD isn't treatable** – While there is no single cure for every individual, there are many trauma-focused therapies that can reduce symptoms, possibly even to the point that the individual no longer meets criteria for the disorder.

