

Living with post-traumatic stress

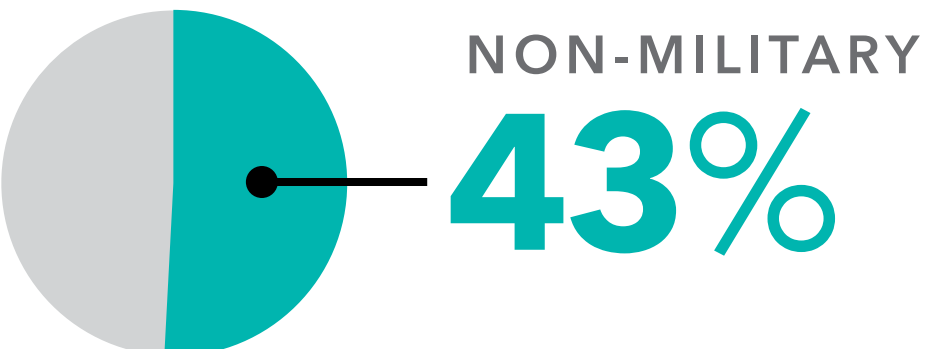
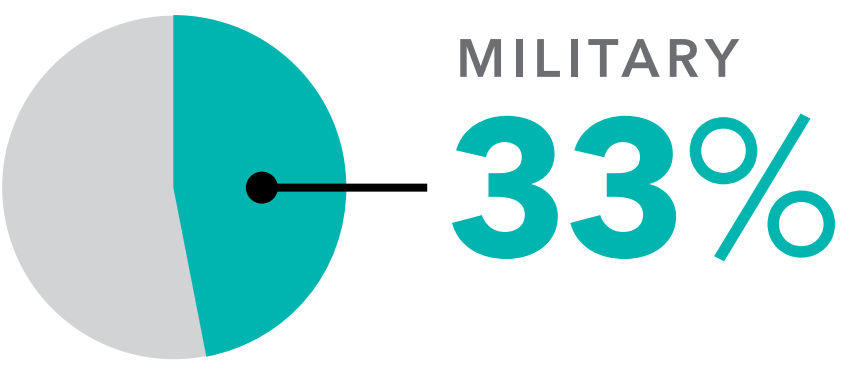
Self-management and self-efficacy

As reported by 601 members of PatientsLikeMe's post-traumatic stress (PTS) community

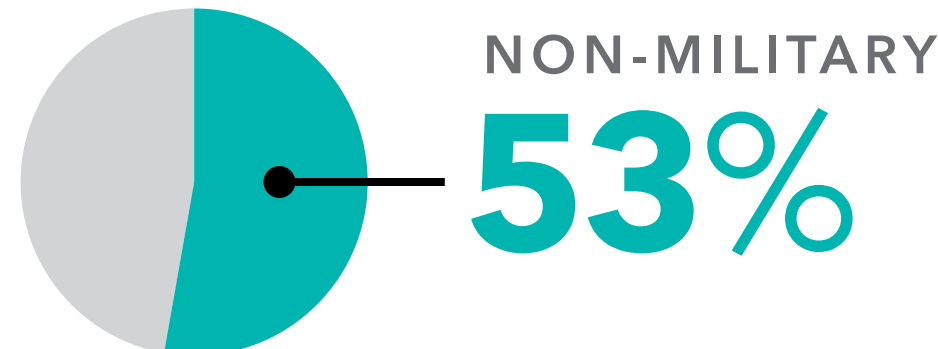
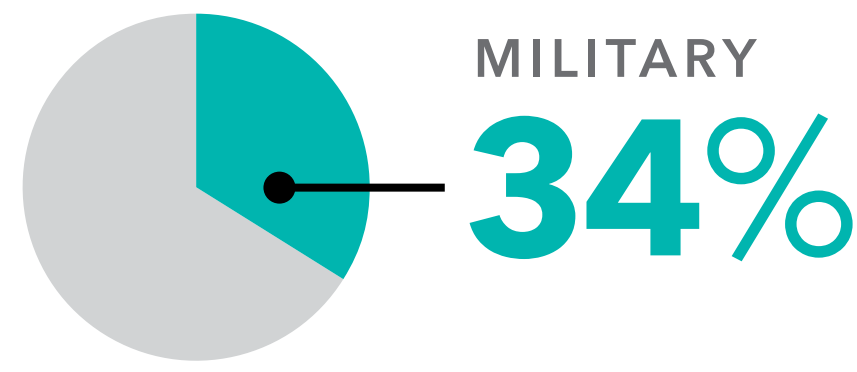


Symptoms members say they manage extremely to moderately well

Feeling constantly alert or watchful



Irritability or anger outbursts



Who is most helpful in managing your PTS symptoms?

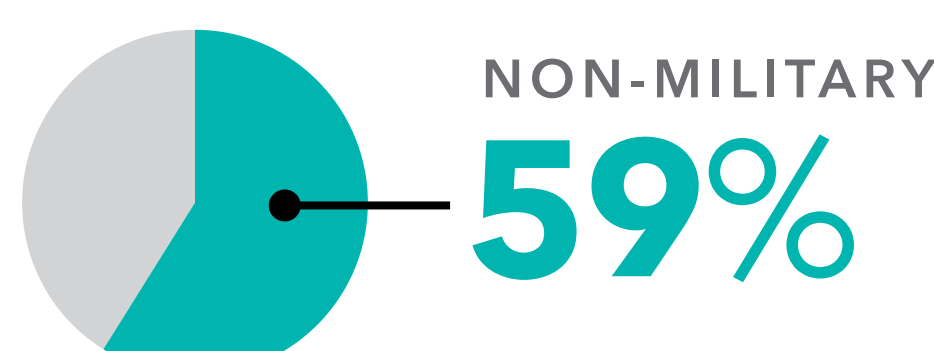
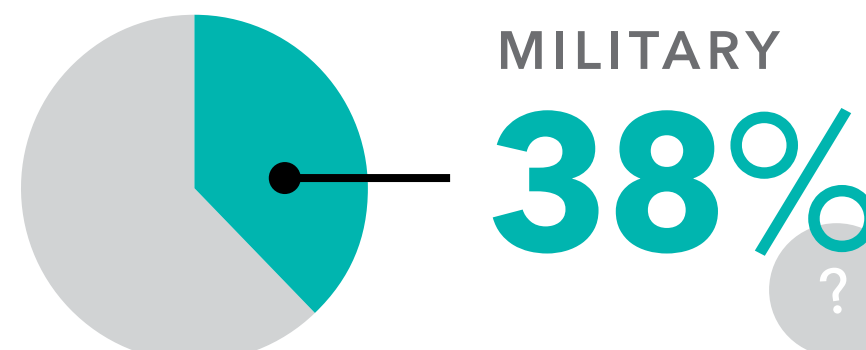
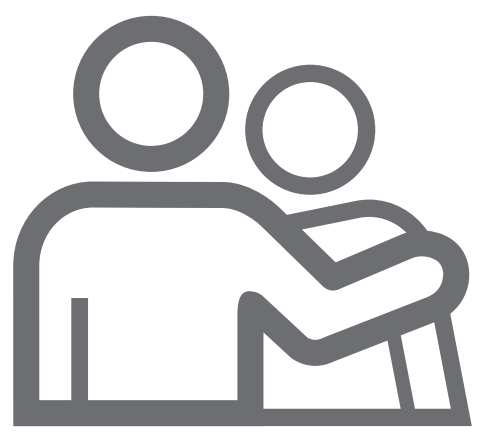
Therapist or counselor



Spouse or partner

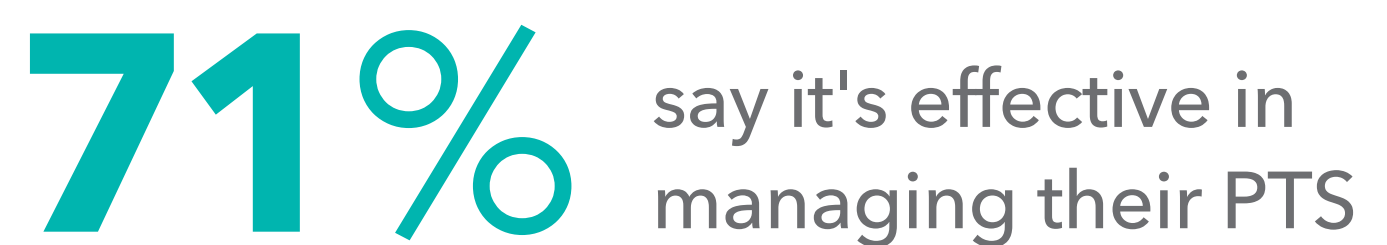


Family



report getting enough sleep

And of those



Most effective treatments



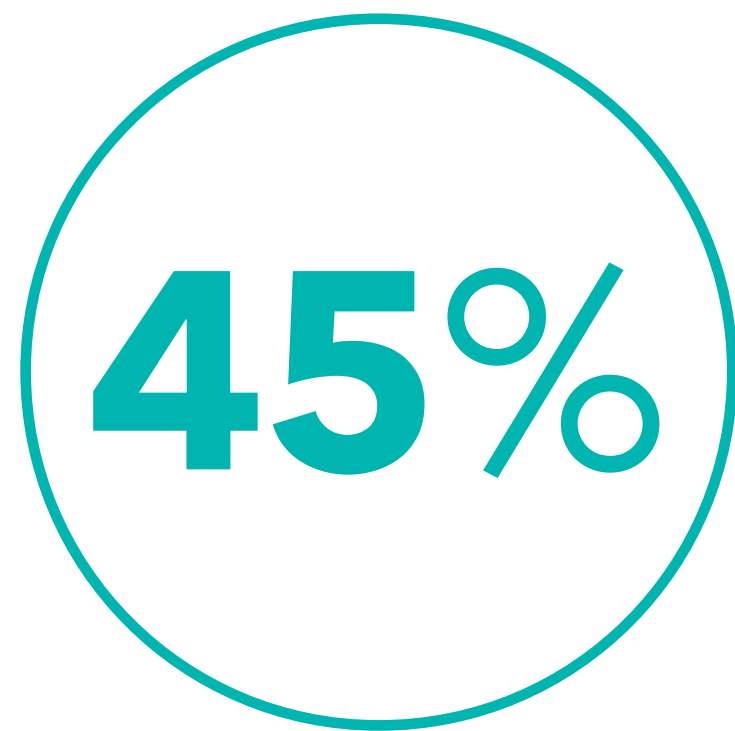
Seeking safety therapy



Prescription medications



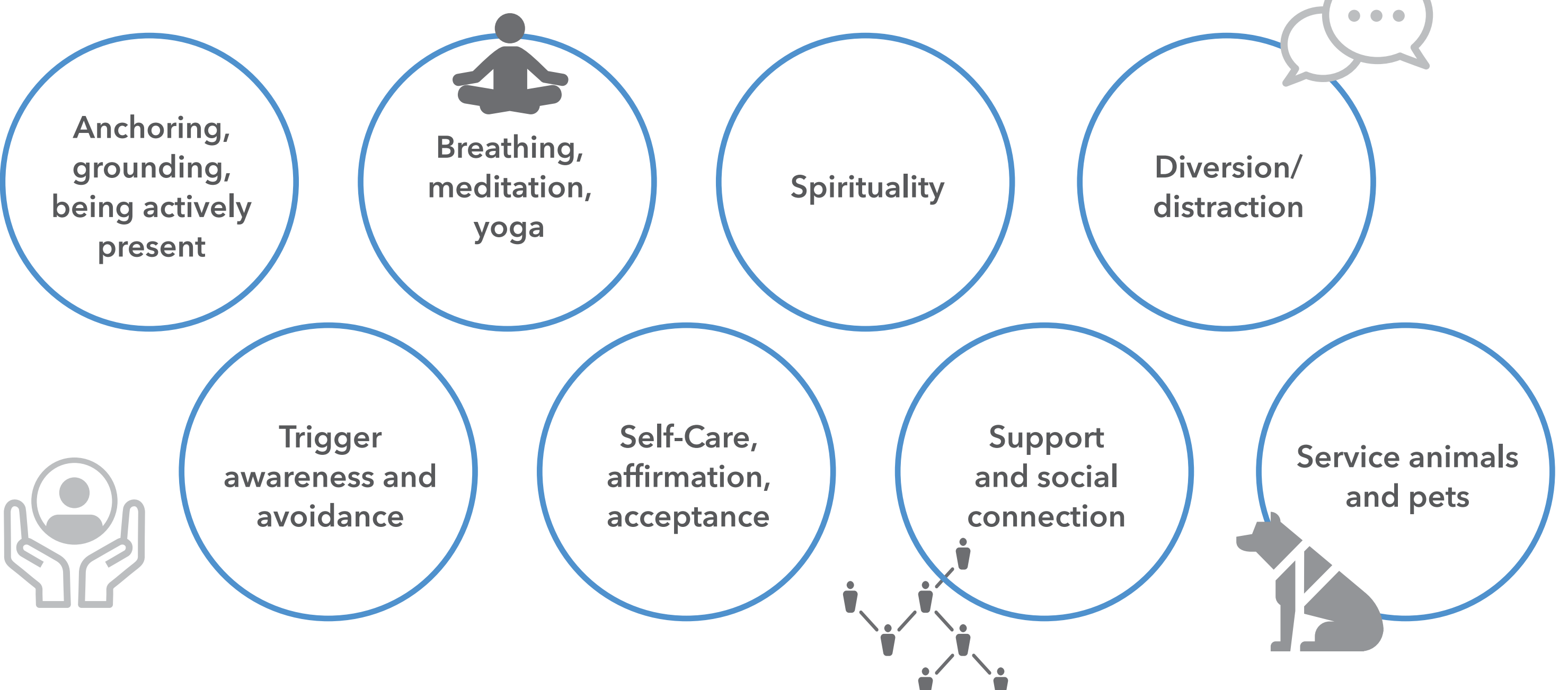
Cognitive processing therapy



of members are at least moderately hopeful they can recover from PTS



Life hacks, tricks, and strategies members learned that have helped improve their symptoms



Military = people who indicated they have served in the military.
Non-military = people who indicated they have not served in the military and people who have not specified their military status