

### PTSD Awareness Month

## Prescription for Recreation

It's nothing new that exercise is a great way to improve our physical and mental health.

Recreational Therapy (RT) adds function, quality, and meaning to one's life by lowering levels of anxiety and offering structured activities and social opportunities to create a sense of community, cohesion, and engagement among veterans.<sup>1</sup>



### What does RT look like?<sup>2</sup>

- Fun runs
- Yoga
- Triathlons
- Bike races
- Hiking/ruck marches
- Whitewater rafting
- Swimming
- Rock/ice climbing
- Skiing
- Deep sea fishing

### How do I find a Recreational Therapist?

Recreation Therapy is provided throughout the Veterans Health Administration (VHA) healthcare system; services are provided for individuals and groups in acute, residential, outpatient, home based, and telehealth settings<sup>3</sup>.

## WHAT IS PTSD?

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.



What it's like to have PTSD may be different for everyone. There are four types of PTSD symptoms.

#### Reliving or re-experiencing the event

- Nightmares
- Flashbacks
- Triggers

#### Avoidance

- Avoiding crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event

#### Hyperarousal or being on guard

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable

#### Negative changes in beliefs and feelings

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

#### Do you have PTSD Symptoms?

- Hear Veterans share their experiences with PTSD and PTSD treatment at **AboutFace**
- Learn about and compare effective treatment options using the **PTSD Treatment Decision Aid**
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: [www.ptsd.va.gov](http://www.ptsd.va.gov)

National Center for PTSD

U.S. Department of Veterans Affairs

National Center for PTSD  
Posttraumatic Stress Disorder

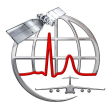
1-800-273-8255  
[www.ptsd.va.gov](http://www.ptsd.va.gov)

## WOUNDS WE CANNOT SEE

Post Traumatic Stress Disorder does not always allow the affected to seek help. Lend a hand and provide them with methods of help, listen and be a friend.



1. U.S. Bureau of Labor Statistics. (2023, January 24). Recreational therapists : Occupational Outlook Handbook. U.S. Bureau of Labor Statistics. <https://www.bls.gov/ooh/healthcare/recreational-therapists.htm#tab-2>  
 2. Colman , A. (2015, June 1). Recreational therapy: Helping Soldiers Cope With PTSD. National Recreation and Park Association. <https://www.nrpa.org/parks-recreation-magazine/2015/june/recreational-therapy-helping-soldiers-cope-with-ptsd/>  
 3. U.S. Department of Veterans Affairs . (2019, January 22). Rehabilitation and Prosthetic Services. Recreation Therapy Service. <https://www.rehab.va.gov/rectherapy/index.asp#top>



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Check out the calendar on other side to see what is going on this week

## Find Your Community

Anxiety disorders can make it difficult to connect with others because it feels like no one understands, causing you to withdraw from your loved ones and social gatherings<sup>1</sup>.

Below is a list of veteran organizations who understand the difficulties one can face in and outside of the military, and whose mission is to bring active duty, national guard, reservists, veterans, and their families together.

1. Irreverent Warriors. Irreverent Warriors bring a community of warriors together through therapeutic events, including silkie hikes, across the country. Irreverent Warriors also works with other veteran organizations who provide services such as job placement, training, housing, service dogs and more. Find out if there's an upcoming event near you!  
<https://irreverentwarriors.com/events/>



2. Team Red White & Blue (RWB). Team Red, White & Blue (Team RWB) provides real-life and virtual opportunities to veterans, active-duty members, and their families that are focused on building a healthier lifestyle. Download the Team RWB app to join the community and find an upcoming event near you.  
<https://about.teamrwb.org/>



3. Veterans Yoga Project (VYP). VYP is on a mission to support recovery and resilience among veterans, military families, and communities by offering training workshops, free online yoga & meditation classes, and local in-person classes. Pull out your yoga mat and book a free virtual yoga class on their website.  
<https://veteransyogaproject.org/vyp-classes/#Online-Classes>



1. Smith, M.A., M., Robinson, L., & Segal, Ph. D, J. (2023, March 27). Post-traumatic stress disorder (PTSD). HelpGuide.org. Retrieved May 4, 2023, from <https://www.helpguide.org/articles/ptsd-trauma/ptsd-symptoms-self-help-treatment.htm>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you. "Bust The Myths!" Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Air Force Health Promotion HQ

## Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday