

# 8 WAYS TO MANAGE PTSD SYMPTOMS



## GET TREATMENT

PTSD treatment works. Explore treatments and compare your options with the PTSD Treatment Decision Aid:

[ptsd.va.gov/decisionaid](https://ptsd.va.gov/decisionaid)



## BUILD COPING SKILLS

Learn about and manage symptoms that often occur after trauma with PTSD Coach:

[ptsd.va.gov/appvid/mobile/ptsdcoach\\_app.asp](https://ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)



## HEAR FROM VETERANS

Learn about PTSD from Veterans who've lived it. Watch videos about PTSD, treatment options, and the personal stories of Veterans, family members, and VA clinicians:

[ptsd.va.gov/aboutface](https://ptsd.va.gov/aboutface)



## PRACTICE MINDFULNESS

Reduce stress and improve well-being with Mindfulness Coach:

[ptsd.va.gov/appvid/mobile/mindfulcoach\\_app.asp](https://ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp)



## LIMIT ALCOHOL USE

Build skills to help you stop or cut back on drinking with VetChange:

[ptsd.va.gov/PTSD/appvid/mobile/VetChange\\_app.asp](https://ptsd.va.gov/PTSD/appvid/mobile/VetChange_app.asp)



## IMPROVE YOUR SLEEP

Manage insomnia and access tools to help you get your sleep back on track with Insomnia Coach:

[ptsd.va.gov/PTSD/appvid/mobile/insomnia\\_coach.asp](https://ptsd.va.gov/PTSD/appvid/mobile/insomnia_coach.asp)



## PLAN SOMETHING ENJOYABLE

Use tools that can help you be in the moment, relax through breathing, or change negative thinking patterns with PTSD Coach Online:

[ptsd.va.gov/apps/ptsdcoachonline/default.htm](https://ptsd.va.gov/apps/ptsdcoachonline/default.htm)



## CONTROL ANGER

Take VA's online course, Anger and Irritability Management Skills, to help control your reactions to irritating events:

[veterantraining.va.gov/aims/](https://veterantraining.va.gov/aims/)



**VA**



U.S. Department  
of Veterans Affairs

National Center for  
**PTSD**  
POSTTRAUMATIC STRESS DISORDER