

PTSD: Common Symptoms & Prevention Strategies

Before the coronavirus pandemic, **15% of U.S. nurses in general units showed symptoms of PTSD.**

Post-pandemic, experts expect those numbers to double —meaning **1 in 3 nurses could suffer from PTSD.**

You are not alone. For self-care and stress management resources, visit the Well-Being Initiative at:

**NursingWorld.org/
TheWellBeingInitiative.**

Symptoms of PTSD (persistent):

Detachment

Hypervigilance

**Re-experiencing/
reliving events**

Negative thoughts



Strategies for lowering PTSD risk:



Socializing



Meditation



**Healthy lifestyle
habits**



Writing



**Seeking help for
feelings of distress**