
Recommended Resources: What is a PTSD Trigger?

Definition:	For those with PTSD, memories may be “triggered” or prompted by sights, sounds, smells and feelings they experience. Triggers may bring back intense memories of the trauma experience and cause physical (racing heart rate, muscle tension, hypervigilance, violent nightmares or flashbacks) and psychological (fear, anxiety, sadness, anger, vulnerability) symptoms.
Trigger Examples	For combat veterans, all their senses may be affected with traumatic memories: sounds, smells, and sights may be activated in normal daily life. News stories, an abandoned backpack at a mall, or a face they feel they know from the traumatic time are possible triggers.
Vulnerable Times	Alive Days, anniversary of a battle or the traumatic event, the loss of a friend to suicide or battle, the end of a relationship, previously happy times such as holidays or family events, crowds, unexpected sounds, or movies/television that bring back memories.
Resources	http://www.webmd.com/mental-health/ptsd-triggers http://ptsd.about.com/od/selfhelp/a/CopingTriggers.htm http://www.helpguide.org/articles/ptsd-trauma/post-traumatic-stress-disorder.htm http://www.ptsd.va.gov/public/types/war/terrorism-war-affect-vets.asp http://www.familyofavet.com/understanding_combat_ptsd.html http://www.scifighting.com/2013/08/13/9936/combat-ptsd-triggers/
Videos	Physician https://www.youtube.com/watch?v=gOwUUDFCIOE Veteran https://www.youtube.com/watch?v=e0kMCj6uqcY Veteran https://www.youtube.com/watch?v=gh2oOAX4hxY
Tip	Create a signal to let your friend or partner know you recognize that they feel they are about to be triggered and need space.