

The Experience with PTSD

By Reuben Regalado



What is it like to have PTSD? What is PTSD? PTSD is post-traumatic-stress-disorder. PTSD causes distress or physical reactions to something that reminds you of a traumatic event. PTSD affects children way differently than adults. Normally when stress disappears the level of adrenaline goes down, but with PTSD, it does the opposite and keeps it high which causes flashbacks and nightmares. This article is about my great-grandpa who fought in WW2 and came home with PTSD. Maybe you will learn a thing or two about it. I will interview my mom about my great-grandpa who had PTSD. In addition, I will be researching online to see what it's like to have PTSD.

The first person I'm going to interview is my mom whose grandpa had PTSD. I talked to my mom about my great-grandpa and she said he would wake up in sweat from nightmares. I asked if he had flashbacks and her response was "yes but he got over it". I asked my mom if he had to take anything. She said he had to take pills. The interview made me feel curious about my great-grandpa's life. If I had PTSD I would feel very awful.

My great-grandpa's name is Victor. He lost a lot of friends in the war. That's probably one reason why he had PTSD. He fought in the Philippines to fight the Japanese but lost the battle. Then, he was stationed in South Korea to push the Japanese out. He won that battle and South Korea became an independent country. The branch of the military he was in was the army and he was a paratrooper. He passed away before I was born.

I will be researching what it is like to have PTSD based on the experiences of people who have had it. I will also be talking about one solution for PTSD. Ross R. said "you're constantly

on guard”. Also Kathryn P. said “it’s not something you can just walk away from”. Service dogs can help people with PTSD. Service dogs specifically help people with the trauma that came as a result of the war. When you are in the battlefield, you're never alone. That’s the same with service dogs; you are never alone because they are always by your side.

PTSD has a big effect on people and their families. It affects the person's daily life and their family’s. It is important that people with PTSD seek or ask for help. And if you know someone with PTSD encourage them to get help. Now you know the experience my great-grandpa had and you gained information on what PTSD is.

Sources:

<https://www.psychologytoday.com/us/blog/survivors/201107/why-dogs-heal-ptsd>

<https://themighty.com/2017/01/what-ptsd-feels-like/>