

# 16 Ways To Help A Friend With Post Traumatic Stress Disorder

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Written by [Casa Palmera Staff](#)

## Helping Someone with Post Traumatic Stress Disorder

It can be hard to handle having a close friend or family member with post traumatic stress disorder (PTSD). They may struggle with irritability, have problems sleeping at night, be unable to focus, feel depressed or act anxious most of the time. In fact, for some people the symptoms can be so severe that treatment at a certified post traumatic stress disorder treatment center may be necessary. PTSD treatment facilities have been shown to be very beneficial to the health and overall well-being of those with this disorder. How can you deal with this situation? The following steps can serve as helpful tips for dealing with and loving someone with PTSD.

1. Learn everything you can about PTSD. By knowing all of this information, you will be better able to handle the situation.
2. Exercise together. Exercising strengthens the overall body and improves health.
3. Don't judge them.
4. Be there to listen. Make your self available to them when they need to talk. Be an active listener by giving input when needed.
5. Show respect. Respect them even though they may be having a difficult time at the moment.
6. Look out for them. Show you care by recognizing when everything doesn't seem to be okay.
7. Allow room for mistakes. Recognize that they will make mistakes, but always be there to forgive them and offer help if needed.
8. Talk positively.
9. Give them their space. Your loved one may not always want your opinion on everything, be willing to step aside every once in a while and give them some space.
10. Be active together. Planning and participating in family activities can be a fun way to interact and show them you don't look down on them.
11. Love them.
12. Don't belittle them. While it is important to not expect too much, not expecting anything at all is unnecessary and can be hurtful.
13. Be patient.
14. Avoid harsh remarks. Stay away from telling your friend or family member to get over their problems, this may only make problems worse.
15. Encourage their self-esteem.
16. Take care of yourself. Remember that you can't take care of someone else if you haven't dealt with yourself first. In many cases seeking out a friend to help you is beneficial.

In serious situations, it may be helpful to seek out the advice and assistance of a medical professional. In addition, post traumatic stress disorder treatment centers are available for anyone suffering from this disorder. A problem like PTSD can escalate quickly. If help is not sought out soon enough the problem may become increasingly worse to the point where full recovery may never be possible.

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