P T S D

Cascade Counseling and Wellness
www.cascadewellness.live

About PTSD

PTSD results from experiencing or witnessing distressing or overwhelming events, which cause ongoing symptoms. It can affect emotions, sense of safety, physical responses, and relationships, sometimes leading to ongoing stress responses such as hypervigilance, intrusive memories, or avoidance. Trauma-related conditions are diagnosed by a mental health professional using a combination of symptoms and diagnostic criteria.

Mindfulness

- Mindful Eating
- Bodywork
- Massage & Acupuncture
- Yoga
- Meditation

Move Your Body

- Morning: Aerobic Exercise
- Mid-Day: Yoga & Meditation
- Evening: Anaerobic Exercise

Culinary and Nutrition Support

ADD to your diet and routine:

- Protein
- Sea Salt
- Prioritize eating all colors
- Bone broth
- B-Complex
- Magnesium

ELIMINATE from your diet:

- Refined Foods

TIPS:

- Improve gut health

DISCLAIMER: The information provided here is for educational purposes only and is not a substitute for professional diagnosis, treatment, or medical advice.

National Suicide and Crisis Line: 988
National Suicide Prevention Hotline: 800-273-8255