



COVENANT  
WORKPLACE SOLUTIONS

*mindful minute*



## **What Are the Causes of Post-traumatic Stress Disorder (PTSD)?**

*By Luba Bijelic, MA, LMHC, NCC*

### **Understanding the Causes of Post-Traumatic Stress Disorder (PTSD)**

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that can occur after experiencing or witnessing a traumatic event. It can have a significant impact on a person's well-being and daily functioning. While the exact causes of PTSD are not fully understood, there are several key factors that are believed to contribute to the development of this disorder.

## **Traumatic Events**

The primary cause of PTSD is experiencing or witnessing a traumatic event. These events can be life-threatening, severely distressing, or involve a threat to physical or emotional well-being. Examples include natural disasters, military combat, sexual assault, domestic violence, car accidents, and childhood abuse. The severity and duration of the traumatic event can contribute to the likelihood of developing PTSD.

## **Brain Chemistry and Genetics**

The brain's chemical balance plays a crucial role in mental health disorders, including PTSD. Research suggests that individuals with PTSD may have certain chemical imbalances, such as an overactive "fight-or-flight" response. Additionally, there may be a genetic component involved in the development of PTSD. Some individuals might have a higher susceptibility to developing the disorder due to genetic factors.

## **Pre-existing Mental Health Conditions**

Having pre-existing mental health conditions like anxiety or depression can increase the risk of developing PTSD after a traumatic event. These conditions might make it more challenging for individuals to cope with the impact of traumatic experiences, making them more susceptible to developing PTSD.

## **Lack of Social Support**

Social support systems play a critical role in helping individuals cope with traumatic events. Lack of emotional support, isolation, or inadequate social connections can contribute to the development and persistence of PTSD symptoms. Feeling unsupported or misunderstood can make it harder for individuals to recover from the trauma and may contribute to the development of PTSD.

## **Childhood Experiences**

Childhood experiences and adverse childhood events can influence the development of PTSD later in life. Traumatic experiences during childhood, such as neglect, abuse, or witnessing violence, can have long-lasting effects on mental health and increase the risk of developing PTSD in adulthood.

While these factors are thought to contribute to the development of PTSD, it's important to remember that everyone's experience is unique. Some individuals may develop PTSD after a single traumatic event, while others may not experience symptoms until years later. If you or someone you know is struggling with PTSD, seeking professional help from a mental health expert is crucial for proper diagnosis and treatment. Remember, healing is possible, and support is available.

## MORE OF YOUR QUESTIONS ANSWERED HERE...

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Available 24/7 365 Days a Year

*Covenant Mental & Emotional Support Line*  
(888) 838-9204



### LIFESTYLE EAP MEMBER PORTAL *Mental Health and Wellness For YOU*

**DID YOU KNOW** that you have unrestricted access to exclusive mental health and wellness content, resources, and support all within your EAP member portal? You can inquire to schedule your **confidential** EAP counseling sessions directly from your member portal account (at **NO COST** to you or your immediate family members in your household) as well!

Check out the latest expert answers to **YOUR** questions, comprehensive *nutrition education, financial tools, recommended books, and more!*

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To create your **EAP account** in the member portal, simply follow the instructions below to begin accessing a broad selection of mental health and wellness resources.

1. Click **HERE** to create your account.
2. Enter your organization's unique *Company Code* (provided separately to your account administrator to share with you).
3. Share this information with your immediate family members within the household.
4. Begin exploring all the mental health and wellness resources available to you!

*Your Lifestyle EAP member portal tutorial video that provides all this information can be watched **here**.*

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## This Month's Challenge

Make It Personal: April RAK (Random Acts of Kindness) Challenge



The science behind performing acts of kindness reveals a comprehensive array of benefits that not only make others feel wonderful, but also enhances our own mental, emotional, and even physical well-being!

Find out why participating in this challenge is so important!

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- Contact us either of the following ways:
  - Fill out the [Schedule an Appointment](#) form located in your Lifestyle EAP member portal account anytime.
  - Call us at (833) 434-1335 | Mon - Fri, 8am - 5pm CST
- Share your name, phone number, email, and any preferences you may have.
- Our team will work to get you (**or your family member**) matched and scheduled with one of our EAP counselors right away!

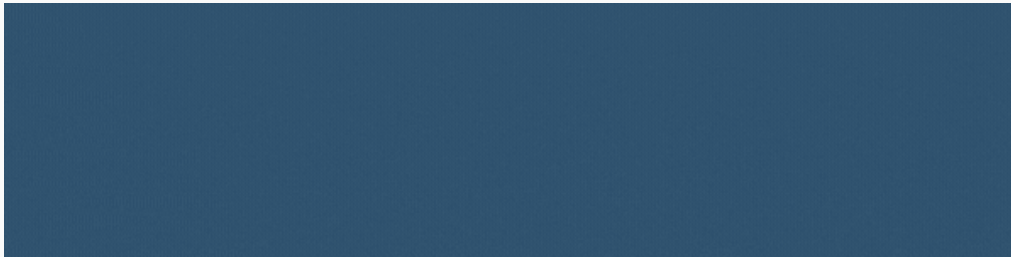


## FEATURED WORKSHEET TOOLKIT: *Combating The Thinness Myth*

- Visit the **Self-Help Resources** section of your personal Lifestyle EAP member portal to download this worksheet and all other worksheet toolkits that you find valuable.

## HOW TO ACCESS YOUR SELF-HELP COURSES

- Visit the **Self-Help Resources** section of your personal Lifestyle EAP member portal to connect directly to the self-help course media library!
- *Remember to use your company's unique (coupon) code when setting up your account to waive all fees.*



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Being away from home doesn't have to mean poor food choices. Use these genius tips from Precision Nutrition coaches to stick to your plan, no matter where life takes you.

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At Covenant Workplace Solutions, we walk beside individuals and families on their paths to complete wellness. We hope this new newsletter will help in some way, big or small. Please note, the information in this newsletter and on our website is not a replacement for personal medical advice.

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