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Contemporary Theme

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Save the Soldiers from PTSD

War is an enormous tragedy. Innocent civilians die, and families are displaced. War as a whole is a heavy burden; Although some are able to remain resilient, and recover, others are not as fortunate. It can be argued that the cruelest aspect of the war is the Post Traumatic Stress Disorder that soldiers, and citizens have to suffer through. Without proper treatment it can haunt them for an eternity. Author Tim O'Brien demonstrates the in the book "The Things They Carried" by shining light on the horrendous and lurid situations experienced first hand by U.S troops on the front lines during the vietnam war.

O'Brien describes the items that soldiers carry: gum, candy, sewing kits, assault rifles, guns, and grenades etc. Along with these physical items, the soldiers carry the weight of grief, terror, love and shame. "They carried all they could bear, and then some, including a silent awe for the terrible power of the things they carried" (O'Brien 29). Externally, they were fighting the North Vietnamese and the Viet Cong. Internally, the men were fighting maturity and

adulthood. One of the soldiers carries drugs, which he uses throughout the story to subdue the pain and suffering he experiences during the war, and when he is shot. He is under the drug and he loses all pain and doesn't realize he is dying. PTSD causes stress and sometimes drug are use to forget and relax about the past.

The symptoms of PTSD are more likely to surface after a few months following return from service. According to various resources, there is no definitive cure for ptsd, however simply being there. It is necessary to screen them immediately after their return, so therapy can be started without delay. Many people are too afraid to seek help because they believe the negative stereotype that therapy is only for "damaged" people, etcetera. As a matter of fact, anyone can benefit from professional help. "One in three returning troops are being diagnosed with serious Post Traumatic Stress symptoms and less than 40% will seek help" (O'Brien 15). In 2008 one in every four were diagnosed with PTSD, and some experts believe this could increase to 1 in 2 by 2011 years end and suicide deaths began to surpass combat relate fatalities. There are certain PTSD treatment guidelines that focus on different options for effective management. In the United States, several facilities are available for the veteran that helps combat this disorder, such as, VA medical center, community clinics and VET centers. Don't be afraid to seek for help, not only will it help yourself, it will also help the ones who cares and worries about you.

You can't allow the one who suffer from PTSD to push you away with their anger and rude behavior. Because you must understand that they will get depressed, angry, or just trying to push you away coming to terms with the negative events of their past is the first step on the road to recovery. It has been stated and found that there are two types of treatment shown to be effective for treating PTSD "counseling and medication. Professional counseling can help you

understand your thoughts and discover ways to cope with your feelings. Medications, called selective serotonin reuptake inhibitors, are used to help you feel less worried or sad ” (CNN). In just a few months, these treatments can produce positive and meaningful changes in symptoms and quality of life. They can help you understand and change how you think about your trauma and change how you react to stressful memories. It is necessary to treat PTSD as soon as possible.

One of the best ways to help people affected with PTSD is to form a loving connection between them, and attempt to find a common ground to relate with. Simply talking is the best way to help those who suffer from PTSD. If your family is having trouble talking over things, consider trying family therapy “A family therapist helps you and your family communicate, maintain good relationships and cope with tough emotions.” Helping someone you know afflicted with it can be difficult due to the antisocial, and sometimes unpredictable behavior encountered with it. Tell them that there is worse to come and that which you see isn't as bad. There are more who suffered more than you. Joy, one of the soldier who came back from Afghanistan served 10 month at Afghanistan, and at that 10 month of serving, he suffer from PTSD. When he came back from Afghanistan, he got in an car crash, he was paralyzed from his chest and below. He has to stay in a wheelchair for the rest of his life. Fortunately, he was able to cured from PTSD by the help of his love one. Later in life, he got married. Joy sets a good example on how the people who are suffering from PTSD should do for themselves.

Kayle, who volunteers at PTSD helping center to help those soldiers that came back from the war. He had PTSD before, so he strongly feel that he could do something to help them feel better. Steve was one of the soldier came back from the war, he has suffer PTSD throw out his

life, he had PTSD when he was only 22 years old. Kayle who knew about his situation and he came up to Steve and let's him knows that he could help. And after couple month being at Kayle's surgery, Steve finally got out of the PTSD.

An easy way to raise PTSD awareness is to learn, connect and share. Take time to understand what it is, know and understand about trauma and learn skills to better handle negative thoughts and feelings. Tell your loved one you want to listen, plan family activities together and encourage contact with family and close friends. Reach out to people with PTSD, spread the word, share handouts, brochures about trauma and PTSD. According to [ptsd.gov](https://www.ptsd.gov) you have to “take advantage of technology with PTSD Coach Online or mobile apps to help you manage PTSD symptoms” (ptsd). You may feel frustrated and scared about the changes you see in your love ones, but these feelings and worries are common in people who have a family member with PTSD. It is important to learn about PTSD so yo can understand what it happened, how it is treated, and what you can do to help. A support system will help your family member get through difficult changes and stressful times.

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