

Avoiding Problems Through Work| Signs of a Mental Health Challenge

Linda: When you're in that war zone, you're focused on your mission, and you don't allow yourself to take in what you're seeing. I actually avoided thinking about it by becoming a workaholic, and on the outside, I looked great, but still hiding it the whole time.

Robert: I was very successful. Even though I was hiding the demons, being a workaholic helped me deal with them during the day. It costed me dearly.

Linda: I was placed with an individual that was trained in trauma therapy. We met and did something called prolonged exposure, which was really tough, but it worked.

Fred: It was really powerful to have a therapist who understood not just trauma and PTS, but also the nuance of the overachievers who try to hide it. When you think so lowly of yourself, you tend to try and overachieve, CEO, award winner, speaker, this, that. All this narcissism that went into that was really all just trying to make myself feel better about who I was as a person.

Robert: I'm a survivor today through much needed therapy.

Linda: PTSD is treatable. You don't have to have it the rest of your life.

Fred: I get to have joy in my life again. I didn't before



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