

Solutions for difficulty concentrating

Sam: I had what they called post-traumatic stress disorder. So I wasn't able to concentrate. Having nightmares, being agitated, irritated. I wasn't able to focus on my job. I was waking up having nightmares. I wasn't getting to work on time and then ultimately that is when a change in my behavior was noticed and I was referred to get counseling. I would meet with someone, a Counselor and talk about it and pretty much learn to write things down. I had like a clear path of what I was going to do for the next week because I was unable to concentrate.

I joined the support network, a support group that I was able to talk about it and find that other fellow Soldiers had the same experience that I had, because I thought I was the only one that it happened to, and that made me feel better about the situation. That is one of the things I learned from the support group is how to use my wireless window. It is a wonderful thing that right down to the second I can program like text message reminders and it will keep texting me until I disable it. Because before my memory was going I wasn't too good at remembering and then I would lose my pieces of paper with notes, but this is better. You know it ties to the cell phone and I can send myself within a 10 second period 10 different text messages. It is a wonderful use of technology that I would have never thought of. A creative use of it, that thanks to the counseling I discovered it and it keeps me on track.



U.S. Department
of Veterans Affairs

**MAKE THE
CONNECTION**