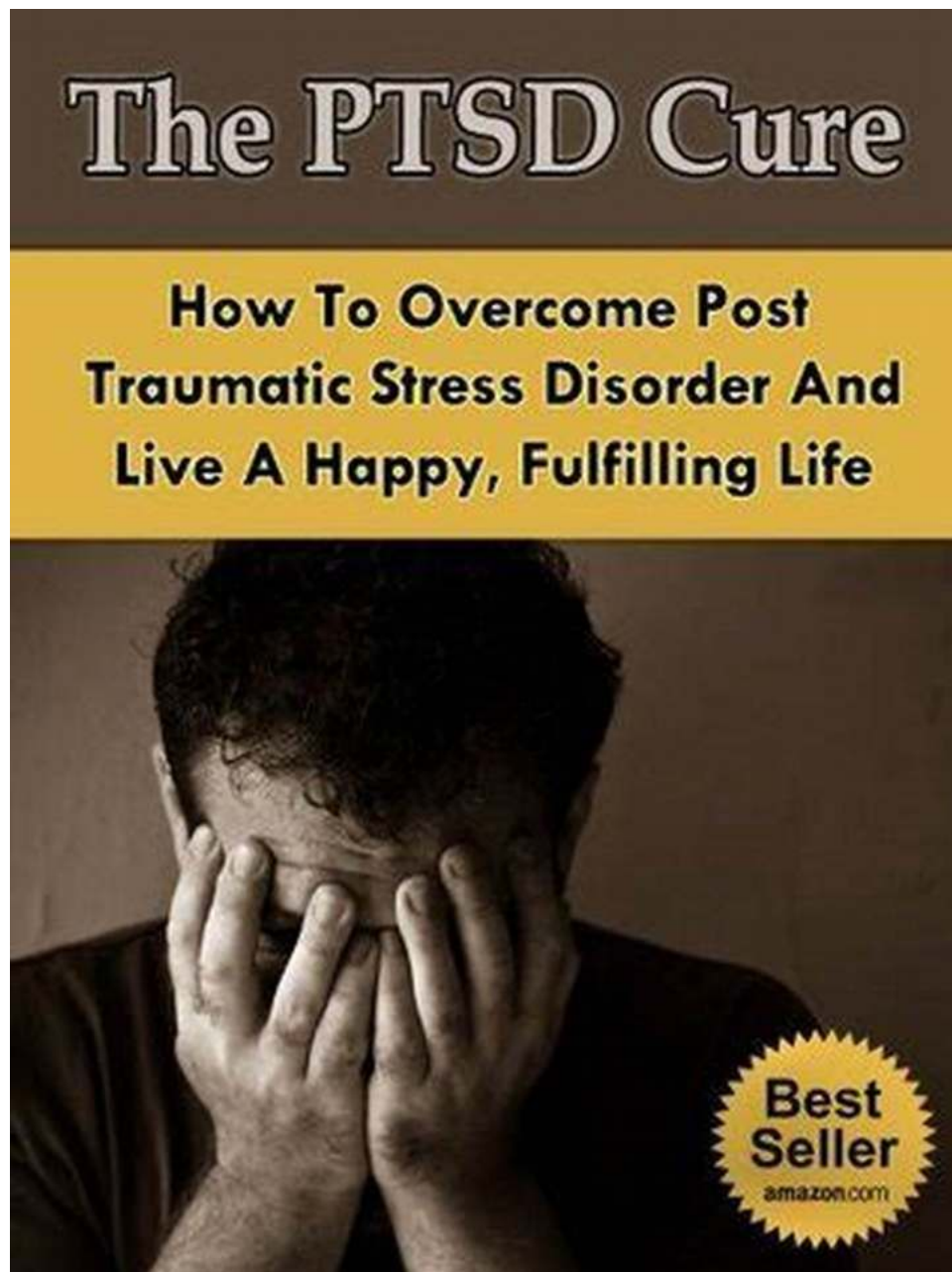


# PTSD Will Not Own Me - Rising Above the Battlefield

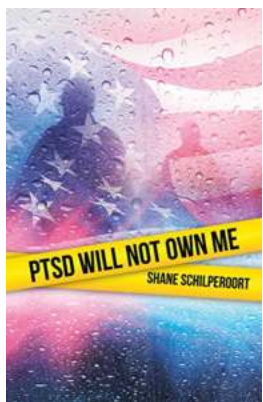


Post-Traumatic Stress Disorder (PTSD) affects millions of people worldwide. It is a mental health condition that can develop after experiencing or witnessing a traumatic event. Symptoms vary from nightmares and flashbacks to severe anxiety and depression. Although PTSD can be debilitating, it is important to

remember that it does not define us. By seeking support and engaging in positive coping mechanisms, we can rise above the battlefield and reclaim our lives.

## The Battlefield Within

Living with PTSD can often feel like being trapped in an endless battlefield where the enemy is within our own minds. It creates an internal struggle, constantly triggering our fight-or-flight response, even in situations devoid of any actual danger. The memories of the traumatic event haunt us, playing on a never-ending loop, causing distress and interfering with our ability to function.



### **Ptsd Will Not Own Me** by Shane Schilperoord (Kindle Edition)

★★★★★ 5 out of 5

Language : English  
File size : 210 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 104 pages



## Breaking the Chains of PTSD

While it may seem overwhelming, it is essential to remember that we are not alone in this battle. There are numerous ways to break free from the chains of PTSD and regain control of our lives. Seeking professional help from therapists and psychologists specialized in trauma can provide valuable guidance and support.

## The Journey to Recovery

The road to recovery may be long and challenging, but each step forward is a victory worth celebrating. It involves developing healthy coping mechanisms and utilizing various treatment options such as cognitive-behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), and medication if necessary.

## **Support Systems Are Key**

Building a support system is crucial in overcoming PTSD. Whether it be through family, friends, or support groups, having people who understand and empathize with our struggles can make a significant difference. They provide a safe space where we can express our emotions and fears, aiding our healing process.

## **Embracing Self-Care**

Self-care plays a vital role in PTSD recovery. Engaging in activities that bring joy and relaxation can help reduce stress and anxiety levels. Meditation, deep breathing exercises, regular exercise, and pursuing creative outlets like painting or writing can all contribute to our well-being.

## **Redefining Our Narratives**

PTSD may have altered our lives, but it does not have to define our identities. We are more than the trauma we've experienced. By reframing our narratives, we can shift our focus towards resilience, strength, and growth. Our stories can inspire others and let them know that they are not alone.

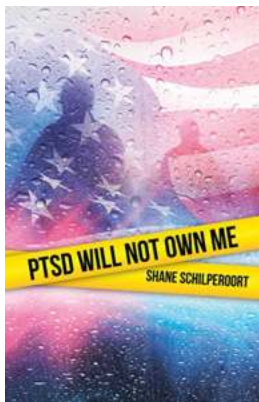
## **Advocacy and Awareness**

As we embark on our journey towards healing, we can use our experience with PTSD to create awareness and advocate for others who are still struggling. By sharing our stories, we break the stigma surrounding mental health issues and

create a supportive environment for everyone to seek help without fear of judgment.

## : Rising Above the Battlefield

PTSD may be part of our lives, but it does not have to control us. By seeking professional help, building support systems, practicing self-care, and redefining our narratives, we can rise above the battlefield and reclaim our lives. Let us unite, support, and inspire each other to overcome the challenges and live a fulfilling life beyond PTSD.



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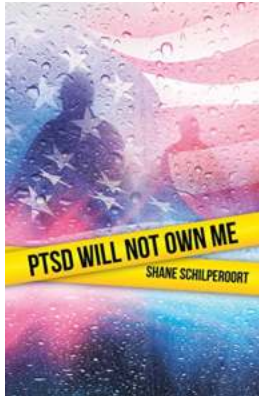


Author Shane Schilperoorts dreams began at a young age when he was first introduced to the California Highway Patrol. He told his parents he was going to become an officer and be helpful to the public. That dream came to fruition in the late 1990s. Schilperoort served with the CHP for seventeen years before a shooting in 2012 ended his career as a law enforcement officer and began his ordeal with post-traumatic stress disorder.

In PTSD Will Not Own Me, he shares his story beginning with the incident that changed his life. He tells how he dealt with PTSD and how, at first, he let his life

be dictated by this debilitating injury. He discusses the depression he experienced and the raw and deep emotions that often got the best of him until he learned to cope.

PTSD Will Not Own Me narrates Schilperoorts dark and unique journey through PTSD, encouraging others to manage their own injuries and forge ahead in life.



## PTSD Will Not Own Me - Rising Above the Battlefield

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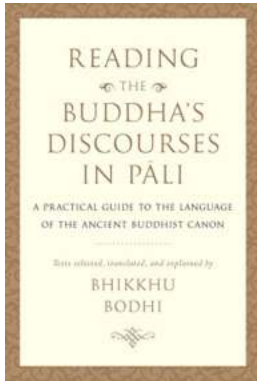
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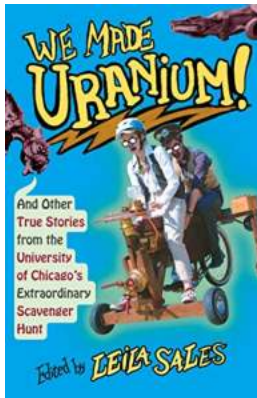
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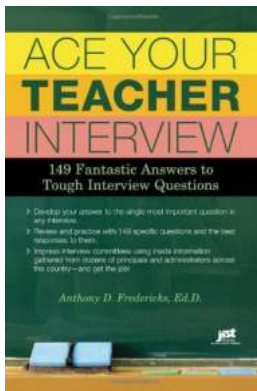
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