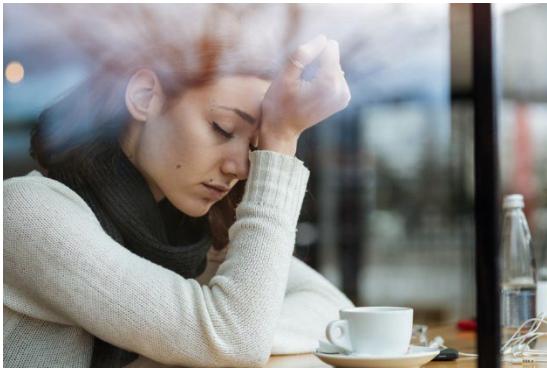


October 2025 Issue

From Surviving to Thriving: How to Support Mental Health in PTSD Recovery



"They tried to bury us, but they didn't know we were seeds."

Trauma can significantly affect our wellbeing. While events like natural disasters, violence, or accidents are commonly linked to trauma and PTSD, emotional abuse, breakups, or losing a pet can also be traumatic. People are affected differently; what is distressing for one may not impact another.

Trauma overwhelms the brain, making the amygdala hypervigilant and the hippocampus struggle to separate past and present, leading to anxiety and avoidance. This can make painful experiences feel ongoing and limit happiness.

Seeking help from a licensed mental health professional is crucial. Your therapist will first establish trust before discussing your trauma and may use methods like Cognitive Processing Therapy, EMDR, or Trauma-Informed Yoga to aid recovery. There are also steps you can take to support your own mental health alongside professional treatment.

Break the Silence

Speaking about trauma, communicating personal needs, or seeking therapy are actions individuals may take to acknowledge their own value. Trauma survivors may be concerned about judgment or dismissal or may experience feelings of shame because of trauma. Discussing these issues also addresses social stigmas surrounding mental health, which can contribute to isolation and ongoing distress among survivors.



Practice Resilience

- **Maintain perspective:** You are not the worst thing that ever happened to you. Your trauma does not define you. You will heal and find peace again.
- **Feel empowered:** You have choices in every situation in life to decide how to live in a way that is authentic and fulfilling
- **Cultivate self-awareness:** Become aware of triggers, unhelpful coping mechanisms, ways you have let trauma limit your life. Refuse to let the traumas keep you from what matters most to you.
- **Make time every day for quiet, silence, and/or reflection:** Don't use busyness to insulate you from your feelings.
- **Build strong social supports and connections:** In addition to close friendships, consider reaching out to support groups (online or in person)
- **Move or exercise often:** Cardio workouts and yoga are each valuable ways to reduce the impact of stress on the body
- **Fuel your body:** Focus on a nutritious, nourishing diet and stay hydrated
- **Prioritize sleep:** Make sleep a priority, and find help if you struggle to sleep well or have nightmares
- **Express yourself creatively:** Engage with art, music, or other creative pursuits that nourish your spirit

As Maya Angelou reminded us, “Surviving is necessary, but thriving is elegant.”



PTSD recovery is not a linear path, but a deeply personal journey from surviving to thriving. By seeking professional support, breaking the silence, and embracing practices that foster resilience, individuals can begin to reclaim their lives from the grip of trauma. Healing is possible—not just in the mind, but in the body and spirit. With compassion, courage, and connection, survivors can move beyond pain and rediscover joy, purpose, and peace. Thriving is not only a possibility, it is a powerful testament to the strength within.

Resources

[Types of Trauma and How To Heal](#)

[Column: Trauma: Surviving, healing, and thriving](#)

[From Surviving to Thriving: The Journey of PTSD Therapy](#)