

# Post-Traumatic Stress and the Survival Circuit

The survival circuit is how our bodies and brains respond to threats around us. Trauma can change how the survival circuit works in our brain.

- Sometimes when people go through trauma they may have Post-Traumatic Stress Disorder, also called PTSD.
- PTSD can change the way our brains work and how we understand information.
- When someone has PTSD, the alarm part of their brain tells their body to get ready for danger sometimes when there is no danger.
- PTSD can also make the alarm part of our brain, or the survival circuit, work too much.
- The alarm signals from the brain keep telling our body to get ready for danger even when the threat is gone.
- The survival circuit may send alarm signals when we remember or think about trauma.
- This can make our body have strong feelings or reactions even when there is no physical danger or threat.
- When the survival circuit in our brain is overloaded, it can be hard to pay attention or make good choices.

