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Gaggle: Kingston

Tune: They Call The Wind Mariah

Date written or updated:

## How PTSD Works - You Can Handle It!

HOW PTSD WORKS - You Can Handle It(From years of personal experience)

(Tune: They Call The Wind, Moriah)

1) Horror's picked itself a name  
Though it's been around for ages  
Post Trauma Stress Disorder is  
Our label for the rages  
But it's normal  
It's normal  
When you understand, it's normal

2)A crisis situation calls  
For you to start reacting  
When trauma comes  
Emotions get  
All mixed up in the action  
Adrenaline  
Adrenaline  
Its surge, the biggest faction

3) The body does what bodies do  
When they're in stress and combat  
It shoots the energy through you  
To give you strength to do it  
The body  
The body  
PTSD's the body

4) What happens when you're under stress  
You finally learn to figure  
And what events you should avoid  
Because they'll be a trigger  
You'll see them  
The stressors  
Understanding will get bigger

5) There is no shame in readying  
To fight a major battle  
When all around you, no one else  
Has even heard a rattle.  
No guilty

## Reactions

You learn to handle surges

6) Not just soldiers home from war

But mothers, drivers, family

The beast's inside us all but we

Can learn to tame it readily

We're in charge

We're in charge

Taming the beast will happen