

## How PTSD Works â?? You Can Handle It!

### Description

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

(Tune: They Call The Wind, Moriah)

1) Horrorâ??s picked itself a name  
Though itâ??s been around for ages  
Post Trauma Stress Disorder is  
Our label for the rages  
But itâ??s normal  
Itâ??s normal  
When you understand, itâ??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 theyâ??re in stress and combat  
It shoots the energy through you  
To give you strength to do it  
The body  
The body  
PTSDâ??s the body

4) What happens when youâ??re under stress  
You finally learn to figure  
And what events you should avoid  
Because theyâ??ll be a trigger  
Youâ??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

## Category

1. Health Care/Healthcare
2. Soldiers & Veterans

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## Meta Fields

**Lyrics By :** Rose DeShaw

**Gaggle :** Kingston

**Tune :** They Call The Wind Mariah

**Youtube Link :** [youtu.be/rxHtmmbAftU](https://youtu.be/rxHtmmbAftU)