

The Invisible Wounds: *Burnout PTSD, and Your Relationships*



You save lives on the front lines. You witness trauma most can't imagine.

The battles don't have to come home with you.

Burnout and PTSD aren't just personal struggles. They can ripple outwards, affecting the bonds you hold dearest.

- **Distance:** The emotional walls you build to survive can isolate you from loved ones.
- **Irritability:** Constant stress can fuel anger and frustration, straining connections.
- **Withdrawal:** The need to escape can lead to avoidance, leaving partners and family feeling abandoned.
- **Hypervigilance:** The constant state of alert can make intimacy and trust difficult.
- **Nightmares and Flashbacks:** These can disrupt sleep and create fear, impacting shared moments.
- **Loss of Empathy:** The sheer volume of trauma can numb your ability to connect emotionally.
- **Quick to Anger:** Reacting impulsively in anger or in a violent manner with loved ones.



Your relationships are vital. They are your support, your anchor. Don't let the invisible wounds of war tear them apart.

*It's not a sign of weakness to seek help.
It's a sign of strength.*

You are not Alone

Talk: Open up to a trusted friend, family member, or mental health professional.

Seek Support: Resources are available. Don't face this alone.

Prioritize Self-Care: Even small acts of self-care can make a difference.



Help is available.

Contact us at:
psych@vm4u.org



<https://vm4u.org/psychological-support/>