

Title:

A Time For Woolgathering and Healing

Word Count:

761

Summary:

Whether in times of war or the absence of it, the dire consequence of tragedies to its victims

Keywords:

anxiety disorder, anxiety attack, insomnia, anxiety, panic attack, antianxiety medications

Article Body:

It was a worldwide day of reckoning. On September 11, 2001, the entire world became a witness. Amidst the concrete rubble and stench of death, people from all walks of life came together to witness the horror. Reminiscent of the horrors of the holocaust during World War II, and the devastation wrought by the atomic bomb. Surely, even relatively smaller scale incidents produce the same kind of grief and sense of loss. The tragic 9/11 bombings of the World Trade Center generated extensive media coverage worldwide. Those who escaped and survived the collapse of the World Trade Center bore scars on their bodies. Many PTSD sufferers report that they always feel and think that the tragic event is happening again. Insomnia or having some troubles getting sleep may be caused by worrying or unresolved feelings. Anti-anxiety medications may help people with PTSD feel less afraid and tense. It may take weeks to feel better. It is important that we keep family ties and other relationships tight. We need to surround ourselves with love and support.

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>