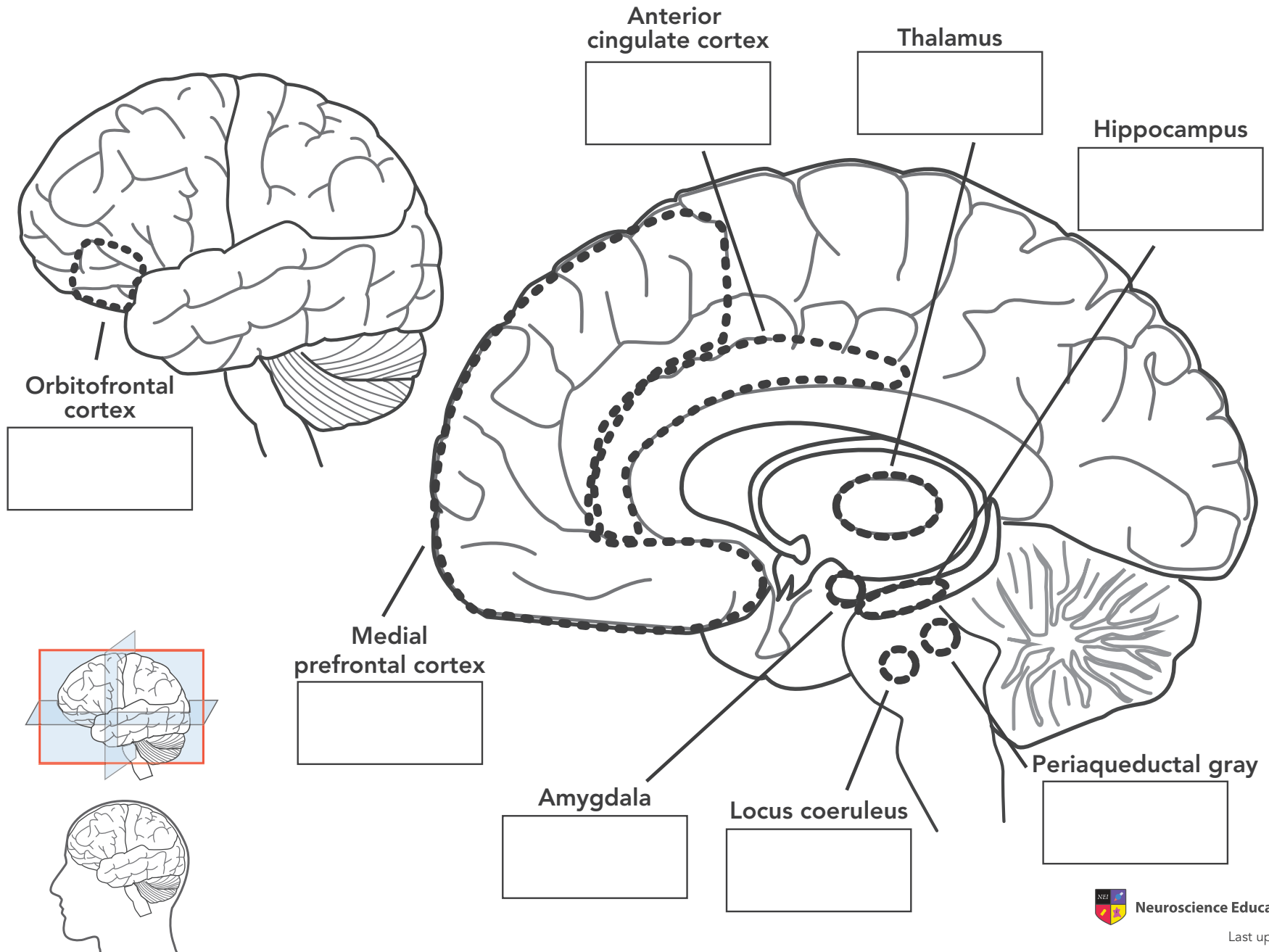


# PTSD Neurobiology Coloring Page

Write in the symptoms of posttraumatic stress disorder (PTSD) associated with each brain region (see back page) and color each with your favorite colors!



# PTSD Neurobiology Coloring Page

| Symptoms of PTSD                       | Description of Symptoms                                                                                                                                                                                                                                                                                                                              | Associated Brain Regions                                                                                                  |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Avoidance                              | Mental or behavioral efforts to avoid reminders of the traumatic event(s); these reminders could be memories, thoughts, feelings, people, places, conversations, activities, objects, or situations                                                                                                                                                  | Amygdala, Anterior cingulate cortex, Hippocampus                                                                          |
| Intrusions                             | Activation of the traumatic memory or memories stored in the brain that generates a fear response; this can be experienced as a flashback, where the person feels like the memory is happening in the moment; intrusions can also be experienced as a nightmare of the past trauma                                                                   | Amygdala, Anterior cingulate cortex, Medial prefrontal cortex                                                             |
| Hyperarousal                           | Feeling worked up, which could lead to irritable behavior or angry outbursts, reckless behavior, extreme alertness, being easily startled, problems concentrating, or sleep problems, including nightmares of the past trauma                                                                                                                        | Amygdala, Anterior cingulate cortex, Medial prefrontal cortex, Orbitofrontal cortex, Periaqueductal grey, Locus coeruleus |
| Negative changes to cognition and mood | Not being able to remember details of the traumatic event(s), constant and excessive negative beliefs about oneself, others, or the world, blaming oneself about the traumatic event(s), constant negative emotions, losing interest in significant activities, feeling disconnected from others, and not being able to experience positive emotions | Amygdala, Anterior cingulate cortex, Hippocampus, Medial prefrontal cortex, Thalamus                                      |

