



# INVISIBLE WOUNDS.

KNOW THE SIGNS. TAKE ACTION. POSITIVE RESULTS.

Signs and symptoms that indicate someone may have an invisible wound include:



**Flashbacks**



**Irritable, frustrated, angry**



**Trouble with memory and attention**



**Sensitivity to light and sound**



**Headaches, migraines**



**Constant negative tone**



**Fatigue**



**Poor self-care**



**Feeling anxious**



**Trouble sleeping, insomnia**



**Feeling depressed**



**Chronic pain**



**Avoidance, detachment**

An invisible wound is a cognitive, emotional, or behavioral condition that can be associated with trauma or serious adverse life events. Examples of possible diagnoses are major depressive disorder, post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI).



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