



# INVISIBLE WOUNDS.

KNOW THE FACTS. TAKE ACTION. POSITIVE RESULTS.

## SIGNS AND SYMPTOMS

Signs and symptoms can appear right after an incident, but also may emerge years later.



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



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