

## **LEARNING ACTIVITY 4**

### **PSTD & Mental Health - How PSTD Affects Families**

Using **Learning Resource 2a**, listen to/read the accounts of family members Sue & Sally Anne, about the impact of PTSD on them and their families. These are voiced by students from St. Thomas More Language College.

Write down what you think

- a) Sue is thinking/feeling when she talks about her husband's illness?
- b) Sally-Anne is thinking/feeling when she talks about her Dad's illness?

When you have spent some time writing down their thoughts/feelings have a class discussion about what you think

- a) Each of you share what you think Sue and Sally Anne are feeling?
- b) Imagining you were their child or partner – discuss how you might feel when you hear or see dad/mum being so unwell. What would worry you? Where might you look for help?

#### **Dear Diary**

Imagine you are the child of a dad/mum who served in the military and now lives with PTSD or another mental health problem. Write a diary entry based on a day in the life of being with/observing your dad/mum's behaviour from the morning onwards and how it makes you think/feel. What do you notice when he/she eats or drinks? How does he/she communicate with you? What do you miss about how he/she used to be and what things did you used to enjoy doing together which he/she can't or won't do? Is there anyone apart from your diary you can speak to about how this makes you feel? What are your hopes for the future?

When you have written your diary entries – read the entry to members of your class. After each diary entry is read the teacher can ask the students to reflect on the entry. What do you notice about the entry? What stands out? If you were to make a story board or cartoon from the diary entry what would each framed scene be? How do you feel hearing this entry and what would you like to say to the child who wrote it?

**\*You can listen to PTSD diaries that the students from St. Thomas More Language College wrote and recorded in Learning Resource 2b**