

# WELLOO NEWS

*Information and tips to boost wellbeing*

## **PTSD Symptom Reduction Through Treatment Including a Video Game**

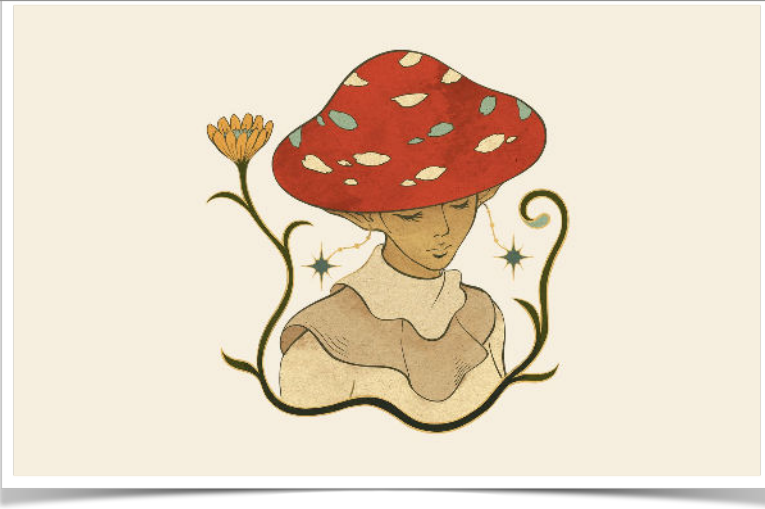
A study by Kanstrup et al (2024) found that a single treatment session, which includes the video game Tetris, can reduce symptoms of post-traumatic stress disorder (PTSD).

## **Key Mental Health Risk Factors For Children After Trauma**

Memarzia et al (2024) found that factors such as how children remember an event and how they perceive themselves afterward are the strongest predictors of poor mental health outcomes following a trauma.

## **Indeed, With Hardship Comes Ease. (Quran 94:6)**

God's wisdom and mercy ensure that every difficulty is paired with moments of relief, support, or hidden blessings. Be patient, trust in God's plan, and nurture appreciation for what is going well.



## **Defining Trauma**

Written by Sadaf Akhtar, PhD

Strong evidence shows that trauma is linked to a wide range of mental and physical health disorders, as well as significant impairments to daily functioning. However, the term *trauma* is often understood in different ways depending on the context. Some define it based on specific events, while others focus on its effects. At times, it is even used interchangeably with general stress, further complicating its meaning.

“How we define trauma can have implications for diagnosis and effective treatment”

To ensure targeted and effective treatment, a clear and precise definition of trauma is crucial. In this month's blog, I explore the evolution of the term *trauma* and present a framework for understanding it more effectively. To learn more, visit:

[wellqo.co/defining-trauma](https://wellqo.co/defining-trauma)

