

Challenging disability through Creativity



www.wolf-photography.com

The aims of this Not-For-Profit company are to raise awareness of Post Traumatic Stress Disorder (PTSD), educate on Intellectual Property issues and promote creative arts as a coping mechanism for disability.

The project also gives guidance on basic Search Engine Optimisation techniques.

A lot of awareness raising is done via the main website, social media networking, workshops and presentations.

I have created a successful series of rolling exhibitions with the support of Arts Council England and The National Lottery.



LOTTERY FUNDED



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**ARTS COUNCIL
ENGLAND**

The project is financed through selling prints and licensing images, as well as selling books. You will find images available for home and office decor, licensing for publications and website usage as well as photo art.

I hope that you will support the project in some way.

Presentations and workshops are free for community groups, art groups, etc. Simply contact me to make a booking.

Villayat 'Wolf' Sunkmanitu

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PTSD resources page: www.lwptsd.com

Living with PTSD Journey of a Veteran

Accompaniment to the exhibition



Villayat 'SnowMoon Wolf' Sunkmanitu

Living with PTSD contains all of the poetry and images that were used in the rolling exhibition. The title is available in most countries via the internet or your local bookstore.

Paperback ISBN: 9780956488541

Amazon Kindle ASIN: B00G967VN8

Exhibition comments:

"Found the exhibition to be very informative and thought provoking. In my opinion this should be shown UK wide!"

Kewal Singh, Mayor of Erewash 2014

"It's been a sheer pleasure to work with such a talent.

I hope the show continues to thrive and the issues and awareness for mental health are understood by many more!"

George Thornton Art

"This exhibition raises some deep issues related to PTSD."

Fareed Hussain, Mayor of Derby 2014

"Truly enlightening, truly honest."

Caroline Jones, Health Correspondent, Derby Telegraph

"Very impressed. Soul stirring."

Mustafa Kamal, Lord Mayor of Leicester 2014

"Making something positive out of a long-lasting traumatic experience, Villayat 'Wolf' Sunkmanitu has not only helped himself – he has potential to help many others suffering from PTSD through this worthwhile project."

Nottingham Post

How does PTSD start?

PTSD can start after any traumatic event. A traumatic event is one where you see that you are in danger, your life is threatened or where you see other people dying or being injured. Typical traumatic events would be:

- ♦ serious accidents
- ♦ military combat
- ♦ violent personal assault (sexual assault, physical attack, abuse, robbery, mugging)
- ♦ being taken hostage
- ♦ terrorist attack
- ♦ being a prisoner-of-war
- ♦ natural or man-made disasters
- ♦ being diagnosed with a life-threatening illness

Even hearing about the unexpected injury or violent death of a family member or close friend can start PTSD.

When does PTSD start?

The symptoms of PTSD can start immediately or after a delay of weeks or months, but usually within 6 months of the traumatic event.

What does PTSD feel like?

Many people feel grief-stricken, depressed, anxious, guilty and angry after a traumatic experience. As well as these understandable emotional reactions, there are three main types of symptoms:

1. Flashbacks & nightmares

You find yourself re-living the event, again and again. This can happen both as a 'flashback' in the day and as nightmares when you are asleep. These can be so realistic that it feels as though you are living through the experience all over again. You see it in your mind, but may also feel the emotions and physical sensations of what happened - fear, sweating, smells, sounds, pain.

Ordinary things can trigger off flashbacks. For instance, if you had a car crash in the rain, a rainy day might start a flashback.

2. Avoidance & numbing

It can be just too upsetting to re-live your experience over and over again. So you distract yourself. You keep your mind busy by losing yourself in a hobby, working very hard, or spending your time absorbed in crosswords or jigsaw puzzles. You avoid places and people that remind you of the trauma, and try not to talk about it.

(What is PTSD continued)

You may deal with the pain of your feelings by trying to feel nothing at all – by becoming emotionally numb. You communicate less with other people who then find it hard to live or work with you.

3. Being 'on guard'

You find that you stay alert all the time, as if you are looking out for danger. You can't relax. This is called 'hypervigilance'. You feel anxious and find it hard to sleep. Other people will notice that you are jumpy and irritable.

Other symptoms

- ◆ muscle aches and pains
- ◆ diarrhoea
- ◆ irregular heartbeats
- ◆ headaches
- ◆ feelings of panic and fear
- ◆ depression
- ◆ drinking too much alcohol
- ◆ using drugs (including painkillers).

Why are traumatic events so shocking?

They undermine our sense that life is fair, that it is reasonably safe and that we are secure. A traumatic experience makes it very clear that we can die at any time. The symptoms of PTSD are part of a normal reaction to narrowly-avoided death.

How can PTSD be helped?

Do

- ◆ keep life as normal as possible
- ◆ get back to your usual routine
- ◆ talk about what happened to someone you trust
- ◆ try relaxation exercises
- ◆ go back to work
- ◆ eat and exercise regularly
- ◆ go back to where the traumatic event happened
- ◆ take time to be with family and friends
- ◆ be careful when driving – your concentration may be poor
- ◆ be more careful generally – accidents are more likely
- ◆ speak to a doctor
- ◆ expect to get better.

Don't

- ◆ beat yourself up about it - you are not weak
- ◆ bottle up your feelings
- ◆ avoid talking about it
- ◆ expect the memories to go away immediately
- ◆ expect too much of yourself. Cut yourself a bit of slack
- ◆ stay away from other people
- ◆ drink lots of alcohol or coffee or smoke more
- ◆ get overtired
- ◆ miss meals
- ◆ take holidays on your own.

2 minutes

During the 2 minutes you'll, maybe, remember some of us.
The years of silence our memories still sentence us to,
You'll forget.
The unspoken wound that can't be seen,
Carrying the memories of service,
You won't hear.

Standing tall, we'll walk by you,
Never showing the open wounds,
That cut like knives.

2 minutes later, you'll be back to your life.

2 minutes later, we'll still be trying to make sense of ours.

2 minutes later, another November morning will be forgotten.



Image and poem

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How to get help

Visit your GP and get the ball rolling. Your GP should know about what support is available in your area.

Search the internet and see what other groups are in your area that can help you.

Visit www.lwptsd.com and see if any of the resources there can help you in any way.

If you don't get on with the first mental health practitioner that is assigned to you, ask to be placed with a different one.

If you are mistreated in any way by the service looking after you, seek some support from a third party and complain.

Good luck, I hope you find the help that you need and are entitled to.

Other titles by Villayat 'SnowMoon Wolf' Sunkmanitu

Words of a Wolf - Poetry of a Veteran

Paperback ISBN: 9780956488503

Amazon Kindle ASIN: B0073YE7OQ



"This book has given me personal insight into the mind of a man, a father, a partner, a soldier and a police officer...a human being suffering for having done what he could to follow 'the rules' to help and protect others. This book helped bring me healing. I am very thankful these words were written and published alongside the photos."

Ams, Canada

The Way of the Wolf - Poetry of a Veteran

Paperback ISBN: 9780956488527

Amazon Kindle ASIN: B0084MQIRO



"Trauma shatters basic assumptions about life and can leave individuals feeling disconnected and alone. Many veterans bottle-up their feelings and put on a coping mask so that those around have no idea what inner torment they are going through. In this moving collection of work, Wolf transforms feelings, sensations, questions and experiences around veterans' PTSD into a narrative that others can connect with."

Jan Lobban, Trauma Therapist, Combat Stress, UK

Soul of a Wolf - Poetry of a Veteran

Paperback ISBN: 9780956488596

Amazon Kindle ASIN: B00DOEMUVO



"Raw emotions pour from Wolf's pen. His poetry moves me to anger, it makes me sad and it makes me bitter about the injustice that he and other veterans face. But the fact that he can bare his soul in this creative manner is genuinely uplifting. Stirring stuff."

Lynette Pinchess, Feature Writer, Nottingham Post, UK

SnowMoon Wolf's Guide to Self-Publishing

Amazon Kindle ASIN: B008AX14CW



"I can honestly say that this ebook opened my eyes to how straightforward self-publishing can be. The guide is step-by-step, easy to understand, and enabled me to convert a word doc to a Kindle-friendly upload in a morning. It has opened up all sorts of possibilities and I highly recommend it."

Derek Thompson, Author, UK

Coming Soon:

Intimacy with my Garden

