

Around two weeks ago I've got in an accident at home when I almost lost two of the fingers from my right hand when operating a table saw. Even if for me this was one of the most traumatic events I've ever experienced it is really nothing compared with what the survivors of the [Sandy Hook](#) shooting or war survivors must be going through. The incident however cracked open a window for me into what [PTSD](#) condition is, as I suddenly recall the traumatic event and almost live it again in my mind. ***Form me it helps if I keep my mind engaged in other activities.***

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