I joined the Army right after high school in 1994. I was an infantry man. Did airborne school, air assault school. So I jumped out of helicopters and airplanes. I did that for about 16 years and I was medically retired in 2010.

Then I got diagnosed with PTSD, and it was like still at that time it's not something I really want to admit was going on.

But it was undeniable especially from other people looking at me from the outside looking in. It was easily something that they could tell was going on. But myself, It was just you know it was the new normal for me.

When you rewire yourself for a particular lifestyle, one that involves being vigilant and being hyper aware of your surroundings and constantly in the threat of danger. The brain doesn't really know how to rewire itself back from that. And that's what we call PTSD.

So the treatment that I started off with, I was seeing a therapist once a week. And it was every week and that was it was working pretty well. And basically what my therapist did for me was help me find something else to focus on.

For me playing the guitar and making something sound good and sound cool is kind of like a relief for me. And it just makes me feel good about myself.

We manage it and we cope with it day to day. But if you stop using your techniques and your tools that you have, it's going to come back and you're just going to be dealing with it again.

So yeah it's really important to keep it up. Don't stop whatever it is that you find that helps you and keep doing it.