

NORMAL REACTIONS TO AN ABNORMAL EVENT

Common Signs and Symptoms of a Stress Reaction

<u>Physical/Body</u>	<u>Cognitive/Mind</u>	<u>Emotional/Feelings</u>	<u>Behavioral/Actions</u>
fatigue	blaming self or others	anxiety	change in socialization
nausea	confusion	guilt	withdrawal/isolation ("others do not understand")
muscle tremors/twitches	difficulty concentrating	grief	emotional outbursts
elevated blood pressure	difficulty making decisions	denial	suspiciousness
nonspecific body complaints	memory problems	emotional shock	change in usual communications
loss or increase in appetite	intrusive images (e.g., repeated visions of the incident)	fear	change in eating habits
rapid heart rate	increased vigilance / watchfulness	uncertainty	increase in alcohol and/ or drug consumption
thirst		loss of emotional control	
headaches	difficulty identifying familiar objects or people	depression	inability to rest / relax
visual difficulties		apprehension	sleep problems
vomiting	increased or decreased awareness of surroundings	feeling overwhelmed	antisocial acts
grinding of teeth		intense anger	pacing
weakness	poor problem solving	irritability	erratic movements
dizziness	poor abstract thinking	agitation	change in sexual functioning
profuse sweating	disorientation (time, place and/or person)	sadness	less humor
chills	disturbed thinking	feeling numb or cold	
fainting	distressing dreams	denial of reality	
chest pain*	nightmares	feeling isolated	
difficulty breathing*	react to criticism, as if attacked	intense worry about others	
shock symptoms*			