

Common Stress Reactions

BEHAVIORAL

- Increase or decrease in activity level
- Substance use or abuse (self-medication: alcohol or drugs)
- Difficulty communicating or listening
- Irritability, outbursts of anger, frequent or increased arguments / conflict
- Inability to rest or relax
- Decline in job/school performance; absenteeism
- Frequent crying
- Hypervigilance or excessive worry
- Avoidance of activities or places that trigger memories
- Increased risk of becoming involved in accidents (accident prone)

PHYSICAL

- Gastrointestinal problems (i.e. indigestion or diarrhea)
- Headaches or other aches and pains (stomach aches, muscle aches, etc.)
- Visual Disturbances
- Changes in appetite
- Sweating or chills
- Tremors or muscle twitching
- Being easily startled
- Chronic fatigue, exhaustion, or other sleep disturbances
- Immune system disorders
- Worsening of previous medical conditions

PSYCHOLOGICAL / EMOTIONAL

- Feeling heroic, euphoric, or invulnerable
- Denial
- Anxiety or fearfulness
- Anger
- Depression
- Guilt or self-doubt
- Apathy, numbness, or disconnectedness
- Grief
- Hopelessness and despair
- Unpredictable mood swings

THINKING

- Memory problems
- Disorientation or confusion
- Preoccupation
- Difficulty setting priorities or making decisions
- Slow thought processes, difficulty concentrating
- Loss of objectivity
- Recurring dreams or nightmares

SOCIAL

- Isolation or withdrawal
- Blaming
- Difficulty in giving or accepting support or help
- Inability to experience pleasure or to have fun (or guilt / shame)

SPIRITUAL

- Shattered sense of meaning
- Questioning spiritual beliefs
- Hyper-religious