

COMMON STRESS REACTIONS

COGNITIVE/MIND



nightmares
trouble thinking
worry • uncertainty
overly cautious
confusion
difficulty with recall
disturbed thinking
poor concentration
poor decision making

BEHAVIORAL



change in sleep • isolation
risk-taking • less humor
sleep problems
suspiciousness
inability to rest/relax
increase in alcohol
and/or drug use
change in sexual
functioning
hyperalertness
change in usual speech

SPIRITUAL



crisis of faith
doubt
preoccupation
questioning beliefs
questioning values

EMOTIONS/FEELINGS



feeling overwhelmed
intense worry
intense anger
denial • fear • depression
agitation • feeling isolated
grief • anxiety • guilt • panic
emotional shock • sadness
emotional outbursts
irritability • denial of reality
apprehension
intense worry about others
loss of emotional control
feeling numb or cold

PHYSICAL/BODY



fatigue • headache
change in appetite
nausea • dizziness
rapid heart rate
nonspecific body complaints
elevated blood pressure
muscle tremors
vomiting*
physical weakness*
difficulty breathing*
chest pain*

indicates need for medical evaluation

TAKING CONTROL OF STRESS

SLEEP AND DIET

Adequate sleep and nourishment makes it easier for bodies to deal with stress.



LIMIT EXPOSURE TO MEDIA

Constant exposure to the incident through media may continue to trigger negative reactions.



RESIST THE URGE TO WITHDRAW

Stay connected to your support network. You can help yourself while also helping the people in your communities by staying connected to the people who know you and who you know best.



INCREASE PHYSICAL ACTIVITY

Basic activities can help reduce stress reactions.



GET INVOLVED

Becoming a participant is a good way to reduce stress and may alleviate the sense of helplessness.



BE PATIENT

It might take a lot of time to fully process the situation and learn how to manage reactions, but this is common when adjusting to the outcomes of traumatic events.



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