

COMMON STRESS REACTIONS

BEHAVIORAL

- Increase or decrease in activity level
- Substance use or abuse (alcohol or drugs)
- Difficulty communicating or listening
- Irritability, outbursts of anger, frequent arguments
- Inability to rest or relax
- Decline in job performance; absenteeism
- Frequent crying
- Hyper-vigilance or excessive worry
- Avoidance of activities or places that trigger memories
- Becoming accident prone

PHYSICAL

- Gastrointestinal problems
- Headaches, other aches and pains
- Visual disturbances
- Weight loss or gain
- Sweating or chills
- Tremors or muscle twitching
- Being easily startled
- Chronic fatigue or sleep disturbances
- Immune system disorders

PSYCHOLOGICAL/EMOTIONAL

- Feeling heroic, euphoric, or invulnerable
- Denial
- Anxiety or fear
- Depression
- Guilt
- Apathy
- Grief

THINKING

- Memory problems
- Disorientation
- Slow thought processes; lack of concentration
- Difficulty setting priorities or making decisions
- Loss of objectivity

SOCIAL

- Isolation
- Blaming
- Difficulty in giving or accepting support or help
- Inability to experience pleasure or have fun