

STRESS REACTIONS

Stress reactions are highly individual. There is no one "right way" to react to stressful events. Below are some common reactions to stress. You may experience very strong feelings immediately, or feel little impact. You may also find yourself reacting later, with feelings that come and go or are different from what you expected. Recognizing stress early can help you prevent long-term effects. Remember that stress reactions are **normal**, a sign of humanity, not of weakness.

COGNITIVE	EMOTIONAL	BEHAVIORAL	PHYSICAL
blaming others	anxiety	change in daily routine	fatigue
blaming yourself	guilt	change in speech	nausea
confusion	grief	isolation	twitches
poor attention	denial	change in relating to others	tremors
poor decisions	severe panic	change in sexual function	trouble with coordination
hyper- or lower alertness	emotional block	startle reaction	chest pain*
poor concentration	fear	change in usual patterns of communication	difficulty breathing*
memory problems	uncertainty	loss / increase appetite	elevated BP
hyper-vigilance	loss of emotional control	increase alcohol / drug use	thirst
trouble identifying familiar persons, places, things	depression	inability to rest	headaches
increased or decreased awareness of surroundings	emotional numbing	antisocial acts	visual problems
poor problem-solving	apprehension	pacing	vomiting
poor abstract thinking	feeling overwhelmed	erratic movement	grinding of teeth
loss of time/place orientation	intense anger	repetitive behaviors	weakness
flashbacks	irritability	"checking"	dizziness
nightmares	agitation		profuse sweating
intrusive memories			chills
intrusive sensory data			fainting*
obsessive thoughts about the event			nonspecific bodily complaints
			rapid heart rate

*** INDICATES NEED FOR MEDICAL EVALUATION**