



Greater Lowell Critical Incident Stress Management Peer Support Team

Common Signs and Symptoms of Stress Reactions

<u>PHYSICAL</u>	<u>COGNITIVE</u>	<u>EMOTIONAL</u>	<u>BEHAVIORAL</u>
<ul style="list-style-type: none"> >fatigue >nausea >muscle tremors >twitches >chest pain * >difficulty breathing * >elevated BP >rapid heart rate >thirst >headaches >visual difficulties >vomiting >grinding of teeth >weakness >dizziness >profuse sweating >chills >shock symptoms * >fainting >ETC. 	<ul style="list-style-type: none"> >blaming someone >confusion >poor attention >poor decisions >heightened or lowered alertness >poor concentration >memory problems >hyper-vigilance >difficulty identifying familiar objects or people >increased or decreased awareness of surroundings >poor problem solving >poor abstract thinking, loss of time place or person >disturbed thinking >nightmares >intrusive images >ETC. 	<ul style="list-style-type: none"> >anxiety >guilt >grief >denial >severe panic (rare) >emotional shock >fear >uncertainty >loss of emotional control >depression >inappropriate emotional response >apprehension >feeling overwhelmed >intense anger >irritability >agitation >ETC. 	<ul style="list-style-type: none"> >change in activity >change in speech patterns >withdrawal >emotional outbursts >suspiciousness >change in usual communications >loss or increase of appetite >alcohol consumption >inability to rest >antisocial acts >nonspecific bodily complaints >hyper-alert to environment >startle reflex intensified >pacing >erratic movements >change in sexual functioning

<u>SPIRITUAL</u>
<ul style="list-style-type: none"> >Sudden change in religious practices >Questioning of spiritual beliefs >Bargaining with a Divine power >Loss of spiritual connection

** Definite indication of the need for medical evaluation*