

## COMMON SIGNS AND SYMPTOMS OF STRESS REACTIONS

### PHYSICAL

- >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.

### COGNITIVE

- >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.

### EMOTIONAL

- >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.

### BEHAVIORAL

- >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
- >non-specific bodily complaints
- >hyper-alert to environment
- >startle reflex intensified
- >pacing
- >erratic movements
- >change in sexual functioning

### SPIRITUAL

- >sudden changes in religious practice
- >questioning of spiritual beliefs
- >bargaining with a Divine Power
- >loss of spiritual connection

*\* Definite indication of the need for medical evaluation*