

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