

COMMON STRESS REACTIONS

COGNITIVE/MIND



- nightmares
- trouble thinking
- worry • uncertainty
- overly cautious
- confusion
- difficulty with recall
- disturbed thinking
- poor concentration
- poor decision making

BEHAVIORAL



- change in sleep
 - isolation
 - risk-taking
 - less humor
- sleep problems
- suspiciousness
- inability to rest/relax
- increase in alcohol and/or drug use
- change in sexual functioning
- hyperalertness
- change in usual speech

SPIRITUAL



- crisis of faith
 - doubt
- preoccupation
- questioning beliefs
- questioning values

EMOTIONS/FEELINGS



- feeling overwhelmed
 - intense worry
 - intense anger
- denial • fear • depression
- agitation • feeling isolated
- grief • anxiety • guilt • panic
- emotional shock • sadness
 - emotional outbursts
- irritability • denial of reality
 - apprehension
- intense worry about others
 - loss of emotional control
 - feeling numb or cold

PHYSICAL/BODY



- fatigue • headache
- change in appetite
- nausea • dizziness
- rapid heart rate
- nonspecific body complaints
- elevated blood pressure
 - muscle tremors
 - vomiting*
- physical weakness*
- difficulty breathing*
 - chest pain*
- *indicates need for medical evaluation*

TAKING CONTROL OF STRESS

SLEEP AND DIET

Adequate sleep and nourishment makes it easier for bodies to deal with stress.



LIMIT EXPOSURE TO MEDIA
Constant exposure to the incident through media may continue to trigger negative reactions.



RESIST THE URGE TO WITHDRAW
Stay connected to your support network. You can help yourself while also helping the people in your communities by staying connected to the people who know you and who you know best.



INCREASE PHYSICAL ACTIVITY

Basic activities can help reduce stress reactions.



GET INVOLVED
Becoming a participant is a good way to reduce stress and may alleviate the sense of helplessness.



BE PATIENT
It might take a lot of time to fully process the situation and learn how to manage reactions, but this is common when adjusting to the outcomes of traumatic events.





KENTUCKY COMMUNITY CRISIS RESPONSE TEAM

Supporting Communities
in Behavioral Health Crisis Management:
Preparedness, Response, and Ongoing Recovery

(888) 522-7228 (24 hours a day)

TEAM 
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