

Sample Chart of Signs and Symptoms of Stress Reactions to Traumatic Incidents - 1

<b>Physical*</b>	<b>Cognitive</b>	<b>Emotional</b>	<b>Behavioral</b>
chills	confusion	fear	withdrawal
thirst	nightmares	guilt	antisocial acts
fatigue	uncertainty	grief	inability to rest
nausea	hypervigilance	panic	intensified pacing
fainting	suspiciousness	denial	erratic movements
twitches	intrusive images	anxiety	change in social activity
vomiting	blaming someone	agitation	change in speech patterns
dizziness	poor problem solving	irritability	loss or increase of appetite
weakness	poor abstract thinking	depression	hyperalert to environment
chest pain	poor attention/decisions	intense anger	increased alcohol consumption
headaches	poor concentration/memory	apprehension	change in usual communications
elevated BP	disorientation of time, place or person	emotional shock	etc.
rapid heart rate	difficulty identifying objects or people	emotional outbursts	
muscle tremors	heightened or lowered alertness	feeling overwhelmed	
shock symptoms	increased or decreased awareness of surroundings	loss of emotional control	
grinding of teeth	etc.	inappropriate emotional response	
visual difficulties		etc.	
profuse sweating			
difficulty breathing			
etc.			

*\* Any of these symptoms may indicate the need for medical evaluation. When in doubt, contact a physician.*