

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

Depending on the age of the child, he/she may have some of the following emotional, physical, cognitive and behavioral reactions to a traumatic event:

- Affected by the loss of prized objects or pets
- Aggressive or delinquent behavior
- Anxiety about any separation from parents/guardians/family (more clingy)
- Complaints of non-specific aches and pains
- Denial of the event
- Expression of feelings of inadequacy or helplessness
- Hate or anger statements
- Headaches
- Hyper vigilance – an increase in sensitivity to sounds, loud noises and sudden movement
- Hyperactivity
- Inability to concentrate
- Increase or decrease in physical activity level
- Increased absenteeism
- Irritability
- Loss of appetite or overeating
- Loss of interest in hobbies or activities
- Mood swings
- No reaction at all
- Regressive behaviors
- Sadness or depression
- School phobia
- Shorter attention span
- Skin disorders
- Sleep disturbances and nightmares
- Speech difficulties
- Sudden outburst of tears
- Survivor's guilt
- Talking repeatedly about the event
- Withdrawal