

Sample Chart of Signs and Symptoms of Stress Reactions
to
Traumatic Incidents - 2

Initial Reactions
<p>These initial reactions will usually appear within the first three days after a traumatic incident:</p> <ul style="list-style-type: none">◆ Numbness, shock, difficulty believing what has occurred or is in the process of occurring. Physical and mental reactions may be very slow or confused.◆ Difficulty in decision making. Uncertainty regarding decisions and judgments; it may be difficult to choose a course of action or to reach even small conclusions.
Ongoing Reactions
<ul style="list-style-type: none">◆ Loss of appetite, difficulty sleeping, loss of interest or pleasure in everyday activities.◆ Desire to get away from everyone—even family and friends.◆ Emotional lability; becoming irritable or upset more quickly than usual.◆ Feelings of fatigue, hopelessness, helplessness.◆ Digestive problems; headaches or backaches.◆ Difficulty accepting that the crisis has had an impact or accepting support from friends and the community.