

Response to Acute Stress and Trauma

PHYSICAL	COGNITIVE	EMOTIONAL	BEHAVIORAL
Fatigue	Tendency to blame others	Anxiety	Changes in normal activities
Insomnia	Confusion	Severe panic (rare)	Change in speech
Muscle tremors	Poor attention	Grief	Withdrawal from others
Twitches	Inability to make decisions	Denial	Emotional outbursts
Difficulty or rapid breathing	Heightened or lowered alertness	Survivor guilt/Self blame	Change in communication
Bowel and bladder problems	Poor concentration	Emotional numbness	Suspiciousness
Elevated BP	Forgetfulness	Uncertainty	Inability to rest
Rapid heartbeat	Trouble identifying known objects or people	Loss of emotional control	Substance Abuse
Chest Pain	Increase or decreased awareness of surrounding	Fear of loss/of going crazy	Intensified startle reflex
Headaches	Poor problem solving	Depression	Antisocial Acts
Visual difficulties	Loss of a sense of time, place or person	Lack of capacity for enjoyment	Pacing
Nausea/Vomiting	Disturbed thinking	Apprehension	Erratic movements
Thirst	Nightmares	Intense anger	Decreased personal hygiene
Loss of appetite	Inescapable images	Irritability	Diminished Sexual Drive
Dizziness	Flashbacks	Agitation	Appetite Disturbance
Excessive sweating	Suicidal ideas	Helplessness	Prolonged Silences
Chills	Disbelief	Mistrust	Accident Proneness
Weakness	Change in Values	Feelings of worthlessness	
Fainting	Search for Meaning	Apathy/Boredom	