

POSSIBLE REACTIONS TO TRAUMA

Psychological and Emotional

- Increased anxiety or fear
- Restlessness
- Feelings of sadness, moodiness, more crying than usual
- Feelings of helplessness or hopelessness
- Feelings of numbness or detachment
- "Survivor guilt" or feelings of self-blame
- Re-experiencing the traumatic event, possibly through:
 - Intrusive thoughts or images of the event
 - Dreams or nightmares
 - Flashbacks about the event
 - Distress when exposed to events that remind you of the trauma (prompted by images, sounds, smells, etc.)
- Paranoid thoughts/worrying (being especially attuned to events around you, scanning environment for possible danger)
- Difficulty concentrating
- Feeling confused or distracted, slower thought process than normal

Physical

- Headaches
- Nausea or upset stomach
- Exaggerated startle response (tendency to startle easily at loud noises)
- Fatigue or feeling slowed down
- Sleep problems

Behavioural

- Hyperactivity, or less activity
- Heightened tendency to behave irritably
- Withdrawal, social isolation
- Avoidance of activities or places that remind you of traumatic event
- Regressive behaviour (e.g. acting younger than age)
- Strong need to talk about the event, read accounts about the event