

REACTIONS TO STRESS



Physical

- sleeping disturbances
- shakiness/trembling
- muscular tension
- menstrual cycle interrupted
- fast heartbeat
- nausea, vomiting, diarrhea
- shallow breathing
- headaches
- panic attacks
- physical tension
- loss of interest in sex
- aches/pains
- fatigue
- loss of appetite
- numbness



Mental/ Cognitive

- confusion
- disorientation
- memory loss
- difficulty concentrating
- loss of objectivity
- limited attention span
- difficulty analyzing
- difficulty calculating
- difficulty setting priorities
- inability to stop thinking about the incident
- difficulty making decisions



Emotional/ Behavioral

- fear/high anxiety
- constant watchfulness
- poor concentration
- nervousness or panic
- startled responses
- losing control
- alcohol/drug abuse
- emotional numbness
- over protectiveness
- easily startled
- withdrawal
- violence
- sleep disturbances
- nightmares
- intrusive thoughts
- re-experiencing event
- helplessness
- despair
- estrangement
- depression
- anger- why me?
- sadness/guilt
- shame/embarrassment
- avoidance



Interpersonal

- withdrawal from family, coworkers
- withdrawal from organizations
- isolation
- discontinued educational pursuits
- lack of community or political involvement
- intolerance of group process
- blaming
- criticizing
- difficulty sharing ideas
- difficulty listening
- impatient with or disrespectful to others
- difficulty giving or accepting support or help