

## NORMAL CRISIS REACTIONS

Reactions to traumatic events vary with each individual and can be physical, emotional, behavioral and/or cognitive. The chart below lists some of the common reactions in each area. These reactions are a normal reaction to abnormal events. If you become concerned about persistent symptoms call your EAP for assistance at **800-448-4434**

Physical	Thinking/Cognitive	Emotional	Behavioral
Chest Tightness/Pain	Memory Problems (short/long)	Feeling Abandoned	Inability to Rest/Relax
Chills	Disorientation (place/time)	Depression	Suspiciousness
Diarrhea	Difficulty Calculating	Sadness	Appetite Loss/Increase
Dizziness	Difficulty Concentrating	Feeling Lost	Alcohol Consumption
Fast Breathing	Seeing Event Repeatedly/Flashback	Worry About Others	Nonspecific Body Pains
Fatigue/Tired	Blaming	Intense Anger	Pacing
Feeling Faint	Scared/Panic	Intrusive Thoughts	Irritability
Grinding Teeth	Hyper Vigilant	Irritability	Erratic Movements
Headaches	Distressing Dreams/Nightmares	Wanting to Hide	Hyper Alert to Settings
Nausea	Slower Thought Process	Anxiety	Changes in Activity
Profuse Sweats	Confusion	Grief	Emotional Outbursts
Rapid Heartbeat	Difficulty Naming Common Items	Feeling Isolated	Antisocial Actions
Sleep Problems	Poor Attention Span	Limited Contact with Others	Startle Reflex Intensified
Thirst	Offensive/Defensive Self Reviews	Denial/Uncertainty	Harsh with Family
Tremors (hands)	Difficulty in Problem Solving	Guilt	Withdraw into Oneself
Twitching	Overwhelmed by Normal Routines	Agitation/Apprehension	Relationship Difficulties
Upset Stomach	Difficulty Making Decisions	Fear	Speech Pattern Changes
Visual Difficulty	Increased/Decreased Alertness	Feeling Numb All Over	Changes in Sex Life
		Making Poor Decisions	