

Stress and the 5 Common Reactions

Stress affects the body in one of five ways; behavioral, physical, psychological, thinking and social. It is quite normal to have numerous symptom indicators after a traumatic event. Two of the keys to reduce stress in one's life is 1) Be aware of your symptoms and 2) Do something about them before they manifest into more serious symptoms.

Look at the list on the right side of the page and check the symptoms you presently have. Once you have identified the symptoms, go to the "Stress Reducers" file on the previous page and try some of the practical solutions to counteract the effects of stress in your life.

5 Common Reactions

Symptom Indicators

Behavioral	<input type="checkbox"/> Increased irritability/anger <input type="checkbox"/> Increased alcohol/drug use <input type="checkbox"/> Stop paying bills <input type="checkbox"/> Unable to relax/rest <input type="checkbox"/> Excessive eating <input type="checkbox"/> Increased family disorder <input type="checkbox"/> Risk taking <input type="checkbox"/> Withdrawal & isolation <input type="checkbox"/> Compensatory behavior. This is a behavior you did not previously do.
Physical	<input type="checkbox"/> Headaches <input type="checkbox"/> Other body aches/pains <input type="checkbox"/> Chronic fatigue/sleep disturbances, nightmares <input type="checkbox"/> Increased illness due to a compromised immune system <input type="checkbox"/> Changes in eating habits <input type="checkbox"/> Chest pain, muscle spasms <input type="checkbox"/> "Startle reactions"
Psychological/Emotional	<input type="checkbox"/> Shame <input type="checkbox"/> Guilt-self-recrimination, remorse <input type="checkbox"/> Apathy-despair, hopelessness <input type="checkbox"/> Grief-sadness, loss, dependency <input type="checkbox"/> Fear-of dying, of rejection, social fears <input type="checkbox"/> Depression: Depression does not just show up without cause or reason. It is related to a web of forces that we can influence and affect. <input type="checkbox"/> Emotional numbness <input type="checkbox"/> Mood swings <input type="checkbox"/> Irritability <input type="checkbox"/> Survivor's guilt: "Why was I or my home saved from this tragedy?" <input type="checkbox"/> Post-traumatic stress disorder
Thinking/Cognitive	<input type="checkbox"/> Memory problems <input type="checkbox"/> Difficulty concentrating <input type="checkbox"/> Disorientated/confused <input type="checkbox"/> Difficulty setting priorities and

	<ul style="list-style-type: none">making decisions<input type="checkbox"/> Preoccupation with a tragic event by playing it over & over in your mind.<input type="checkbox"/> Financial anxiety<input type="checkbox"/> Worry over an issue that you seem unable to take your mind off of.
Social	<ul style="list-style-type: none"><input type="checkbox"/> Isolation<input type="checkbox"/> Difficulty giving/receiving support from others.<input type="checkbox"/> Withdrawal from faith based and/or friends support network.<input type="checkbox"/> Withdrawal from family.