

Stress and the 5 Common Reactions

5 Common Reactions

Symptom Indicators

Behavioral	<ul style="list-style-type: none"> <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	<ul style="list-style-type: none"> <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	<ul style="list-style-type: none"> <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	<ul style="list-style-type: none"> <input type="checkbox"/> Memory problems <input type="checkbox"/> Difficulty concentrating <input type="checkbox"/> Disorientated/confused <input type="checkbox"/> Difficulty setting priorities and 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.

