

COMMON SIGNS of STRESS

PHYSICAL	EMOTIONAL
<p><i>Fatigue</i> <i>Muscle tremors</i> <i>Sweating</i> <i>Cardiac arrest</i> <i>Nausea</i> <i>Shock symptoms</i> <i>Lack of strength</i> <i>Dry mouth</i> <i>Difficulty swallowing</i> <i>Smothering sensations</i></p> <p><i>Chills</i> <i>Upset stomach</i> <i>Dizziness</i> <i>Chest pain</i> <i>Shortness of breath</i> <i>Headache</i> <i>Sighing</i> <i>Hot flashes or chills</i> <i>Exaggerated startle response</i> <i>Frequent urination</i></p>	<p><i>Anxiety</i> <i>Depression</i> <i>Anger</i> <i>Survivor guilt</i> <i>Fear</i> <i>Feelings of hopelessness</i> <i>Feelings of helplessness</i> <i>Apathy</i> <i>Feelings of abandonment</i></p> <p><i>Fear of "going crazy"</i> <i>Identification with the victim</i> <i>Grief</i> <i>Irritability</i> <i>Impatience, intolerance</i> <i>Denial</i> <i>Yearning, pining</i> <i>Self-reproach, regret</i> <i>Emotional lability</i></p>
COGNITIVE	BEHAVIORAL
<p><i>Memory problems</i> <i>Confusion</i> <i>Distressing dreams</i> <i>Feelings of unreality</i> <i>Blaming others</i> <i>Decreased interest</i> <i>the event</i> <i>Diminished self-concern</i> <i>Paranormal experiences</i> <i>Preoccupation with the deceased</i></p> <p><i>Limited attention span</i> <i>Difficulty with calculations</i> <i>Poor concentration</i> <i>Pessimism</i> <i>Feelings of inadequacy</i> <i>Repeatedly reliving</i> <i>Disruption in logical thinking</i> <i>Feelings of depersonalization</i></p>	<p><i>Uncharacteristic behavior</i> <i>Unusually quiet behavior</i> <i>Unusually talkative behavior</i> <i>Increased smoking/drinking</i> <i>Withdrawal from others</i> <i>Change in activity level</i> <i>Change in sexual behavior</i> <i>Change in eating habits</i> <i>Crying, tearfulness</i></p> <p><i>Self-destructive behaviors</i> <i>Increased use of medications</i> <i>Suspiciousness</i> <i>Hypervigilance</i> <i>Absent-minded behavior</i> <i>Clinging behavior</i> <i>Decreased effectiveness</i> <i>Sighing</i></p>