COMMON SIGNS of STRESS

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