

## Signs of Stress Reaction

At some time in your life, you or someone you know may experience a traumatic event. It is very common for people to feel emotional aftershocks (or stress reactions) when they have experienced a traumatic event. Sometimes the aftershocks appear immediately, but they also can appear a few hours or even a few days later. In some cases, weeks or months may pass before stress reactions occur.

The signs and symptoms of a stress reaction may last days and occasionally months, depending on the severity of the traumatic event. With understanding and support from your family, friends and co-workers, the stress reactions usually pass more quickly. Occasionally, stress reactions can be so severe that professional assistance from a counselor may be needed. Below are some signs and symptoms of stress reactions. Help is available if these or other reactions interfere with your daily activities.

<b>PHYSICAL</b>	<b>MENTAL</b>	<b>EMOTIONAL</b>	<b>BEHAVIORAL</b>
Fatigue	Tendency to blame others	Anxiety	Changes in normal activities
Insomnia	Confusion	Grief	Change in speech
Muscle Tremors	Inability to make decisions	Denial	Withdrawal from others
Twitches	Heightened or lowered alertness	Survivor guilt/Self blame	Emotional outbursts
Difficulty Breathing	Poor concentration	Emotional numbness	Change in communication
Elevated Blood Pressure	Forgetfulness	Uncertainty	Suspiciousness
Rapid Heartbeat	Trouble identifying known objects or people	Loss of emotional control	Inability to rest
Chest Pain	Increase or decreased awareness of surrounding	Fear of loss	Substance Abuse
Headaches	Poor problem-solving	Depression	Intensified startle reflex
Visual Difficulties	Loss of a sense of time, place or person	Lack of capacity for enjoyment	Erratic movements
Nausea/Vomiting	Disturbed thinking	Intense anger	Decreased personal hygiene
Thirst	Nightmares	Irritability	Diminished Sexual Drive
Hunger	Inescapable images	Helplessness	Appetite Disturbance
Dizziness	Flashbacks	Mistrust	Prolonged Silences
Excessive Sweating	Suicidal ideas	Feelings of worthlessness	Accident Proneness
Chills	Disbelief	Apathy/Boredom	
Fainting	Change in Values		

### Resources Are Available

Additional information, self-help tools and other resources are available online at [www.FOH4YOU.com](http://www.FOH4YOU.com). Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.



### Employee Assistance Program

*We Care, Just Call*

**1-800-222-0364**

1-888-262-7848 TTY Users

[www.FOH4YOU.com](http://www.FOH4YOU.com)

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