



NORMAL REACTIONS FOLLOWING A TRAUMATIC EVENT

During the next few days, week or month you may at sometime experience one or more of these normal reactions to stress. The key to managing stress is to recognize these common symptoms:

Physical Reactions	Cognitive Reactions	Emotional Reactions	Behavioral Reactions
Fatigue/exhaustions Insomnia Sleep disturbances Over/under activity Nightmares Change in appetite Digestive problems Physical problems Headaches nausea	Lack of concentration Flashbacks Difficulty with decisions Memory disturbance Forgetfulness Confusion Poor problem solving Disturbed thinking Change in alertness	Fear Guilt Emotional numbing Over sensitivity Anxiety Depression Feeling helpless Anger Irritability frustration	Change in activity Communication changes Withdrawal Suspiciousness Hyper-alertness Exaggerated startle reflex Change in sexual behavior Emotional outbursts Difficulty sitting still

Remember that these reactions to stress are normal. In order to cope with what you have experienced here are some things to try that are known to lessen or alleviate stress:

- Within the first 24-48 hours, periods of physical exercise alternated with relaxation will alleviate some of your physical reactions.
- Structure your time-try to stay on a schedule.
- You are normal and are having normal reactions- do not label yourself as crazy or anything else that brings upon a negative self image.
- Talk to people- talk is the most healing medicine. Accept help from others.
- Beware of numbing the pain with drugs or alcohol.
- Spend time with friends or family, don't isolate yourself.
- Help those around you as much as possible by sharing your feelings
- Give yourself permission to feel bad, sad, angry, etc.
- Keep a journal-writing helps alleviate stressful thoughts and with sleeplessness.
- Eat nutritious, well-balanced meals and avoid excessive use of caffeine
- Don't make any big decisions or life changes while you are experiencing stress.

If you would like talk to a crisis counselor please contact crtcrisiscounselor@cspinc.org
Or Katie Zabinski, CSP crisis counselor at 949-724-7274