

# Crisis Reactions

Exposure to a traumatic incident may affect an individual whether they were a first responder, witness to an event, or by hearing about an incident. It is common to show signs of stress after exposure to a traumatic event. While these reactions may be uncomfortable, it is important to remember that they are normal responses and will diminish over time. Each individual will respond to a traumatic event differently. Some may have no reactions at all, and others may have several.

The following are some common reactions that may occur:

- **Cognitive Reactions:**

- Confusion
- Poor concentration
- Nightmares
- Flashbacks
- Poor memory
- Replaying the event
- Worrying
- Difficulty with decisions

- **Physical Reactions:**

- Stomach aches or digestive issues
- Headaches or muscle aches
- Eating too much or too little
- Being jumpy or easily startled
- Sleeping too much or too little
- Increase or decrease in energy
- Dizziness

- **Emotional Reactions:**

- Guilt
- Overwhelmed/Drained
- Disconnected
- Anger
- Anxiety or Fear
- Grief
- Sadness/Depression
- Helplessness

- **Behavioral Reactions:**

- Crying
- Withdrawal and isolation
- Restlessness
- Angry outbursts
- Avoidance of areas
- Alcohol/Drug Use
- Excessive time off