

STRESS REACTION CHART

PHYSICAL	COGNITIVE
fatigue	blaming someone
nausea	confusion
muscle tremors	poor attention
twitches	poor decisions
chest pain*	heightened or lowered alertness
difficulty breathing*	poor concentration
elevated BP	memory problems
rapid heart rate	hyper-vigilance
visual difficulties	difficulty identifying familiar--
vomiting	objects or people
grinding of teeth	increased or decreased awareness--
weakness	of surroundings
dizziness	poor problem-solving
profuse sweating	loss of time, place, person, or--
chills	orientation
shock symptoms*	disturbed thinking
fainting	nightmares
etc.	intrusive images
	etc.

EMOTIONAL	BEHAVIORAL
anxiety	change in activity
guilt	change in speech patterns
grief	withdrawal
denial	emotional outburst
severe panic (rare)	change in communication
emotional shock	appetite loss or increase
fear	alcohol consumption
uncertainty	inability to rest
depression	antisocial acts
inappropriate emotional response	hyper-alert to environment
apprehension	startle reflex intensified
feeling overwhelmed	pacing
intense anger	erratic movements
irritability	change in sexual--
agitation	functioning
etc.	etc.

