

Common Signs & Symptoms of Stress

These may last for a few days or a few months depending on the severity of the event.

Physical: chills, thirst, fatigue, nausea, fainting, twitches, vomiting, dizziness, weakness, chest pain, headaches, elevated BP, rapid heart rate, muscle tremors, shock symptoms, grinding of teeth, visual difficulties, profuse sweating, difficulty breathing.

Thinking: confusion, nightmares, uncertainty, hypervigilance, suspiciousness, intrusive images, blaming someone, poor problem solving, poor abstract thinking, poor attention /decisions, poor concentration/memory, disorientation of time, place or person, difficulty identifying objects or people, heightened or lowered alertness, increased or decreased awareness of surroundings.

Emotional: fear, guilt, grief, panic, denial, anxiety, agitation, irritability, depression, intense anger, apprehension, emotional shock, emotional outbursts, feeling overwhelmed, loss of emotional control, inappropriate emotional response.

Behavioral: withdrawal, antisocial acts, inability to rest, intensified pacing, erratic movements, change in social activity, change in speech patterns, loss or increase of appetite, hyperalert to environment, increased alcohol consumption, change in usual communications.

Spiritual: anger at God, questioning of basic beliefs, withdrawal from place of worship, crisis of faith, faith practices and rituals seem empty, loss of meaning and purpose, uncharacteristic religious involvement, sense of isolation from God, anger at clergy, religious obsessions, religious compulsions, religious hallucinations or delusions.