

## Common Signs of a Stress Reaction

<u>Physical</u>	<u>Cognitive</u>	<u>Emotional</u>	<u>Behavioral</u>
Chills	Confusion	Fear	Withdrawal
Thirst	Nightmares	Guilt	Antisocial acts
Fatigue	Uncertainty	Grief	Inability to rest
Nausea	Hyper-vigilance	Panic	Intensified pacing
Fainting	Suspiciousness	Denial	Erratic movements
Twitches	Intrusive images	Anxiety	Change in social activity
Vomiting	Blaming someone	Agitation	Change in speech patterns
Dizziness	Poor problem solving	Irritability	Loss or increase of appetite
Weakness	Poor abstract thinking	Depression	Hyper alert to environment
Chest pain	Poor attention	Intense anger	Increased alcohol/drug use
Headaches	Poor concentration	Apprehension	Change in usual communication
Elevated BP	Poor memory Disorientation of time, place or person	Emotional shock	
Grinding teeth	Difficulty identifying objects or people	Feeling overwhelmed	
Shock symptoms	Heightened or lowered alertness	Loss of emotional control Inappropriate emotional response	
Visual difficulties			
Profuse sweating			
Difficulty breathing			
Muscle tremors			
Rapid heart rate			

## Stress Management Suggestions

- **WITHIN THE FIRST 24-48 HOURS** periods of appropriate physical exercise, alternated with relaxation will alleviate some of your physical reactions.
- **Structure your time – keep busy.**
- **You're normal and having reactions – don't label yourself crazy.**
- **Talk to people – talk is the most healing medicine.**
- **Be aware of numbing the pain with overuse of drugs, or alcohol, you don't need to complicate this with a substance abuse problem.**
- **Reach out – people do care.**
- **Maintain as normal a schedule as possible.**
- **Spend time with others. It is alright to spend time by yourself.**
- **Help your co-workers as much as possible by sharing feelings and checking out how they are doing.**
- **Give yourself permission to feel rotten and share your feeling with others.**
- **Keep a journal; write your way through those sleepless hours.**
- **Do things that feel good to you.**
- **Realize those around you are under stress.**
- **Don't make any big life changes.**
- **Do make as many daily decisions as possible which will give you a feeling of control over your life. (Example: If someone asks you what you want to eat, answer them even if you are not sure.)**
- **Get plenty of rest.**
- **Reoccurring thoughts, dreams or flashbacks are normal – don't try to fight them. They'll decrease over time and become less painful.**
- **Eat well-balanced and regular meals, even if you don't feel like it.**

**Skyline College Psychological Services    Room 2221**

**Beverly Muse, MFT    738-4459  
Liz Llamas, MFT    738-4351**