

SYMPTOMS OF CRITICAL INCIDENT STRESS

For Adults

Everyone responds to a crisis in his or her own way, yet there are common symptoms. Some (but not all) of these symptoms are listed below:

PHYSICAL

- Change in eating patterns
- Change in sleeping patterns
- Weight gain or loss
- Stomach/Digestive Problems
- Aches/Pains
- Easily Startled

EMOTIONAL

- Shock
- Anger
- Loss of sense of purpose
- family members
- Suicidal thoughts
- Sadness
- Guilt
- Feeling helpless
- Feeling on guard or overly vigilant
- Irritability

SPIRITUAL

- Difficulty coping with clergy's philosophy
- Guilt over desire for vengeance
- Questioning of values or beliefs
- Inability or difficulty trusting God
- Increased Faith

INTELLECTUAL

- Difficulty Concentrating
- Impaired Judgment
- Preoccupation with the tragedy or crime
- Flashbacks
- Decreased motivation
- Forgetfulness

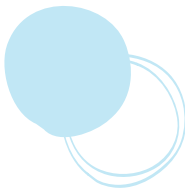
RELATIONAL

- Reduced communication & parenting skills
- Withdrawal from friends & family
- Decreased interest in intimacy
- Lack of patience with loved ones
- Resentment or conflict due to different coping styles
- Work relationships can suffer, too, due to increased absences or struggling to focus on work tasks.



MANAGING SYMPTOMS OF STRESS

For Adults



Crime and other traumatic events create stress in many aspects of our lives, but we can find ways to manage it and regain our sense of feeling normal.

- Stay away from substances that alter your mood.
- Avoid alcohol and caffeine.
- Eat well-balanced meals, even if they are small.
- Create or maintain structure in your life. Develop a routine.
- Take breaks from periods of isolation.
- Talk about it with a professional.
- Do things you enjoy.
- Exercise. Even just a little bit of exercise can help you physically and psychologically.
- If possible, avoid major life decisions.
- If you get the urge to cry, allow it.
- Set aside time to “feel bad” and think about the situation.
- Remind yourself that your reactions are normal.
- Do things that are meaningful to you, such as prayer, a walk outside, reading, drawing, or quiet time.
- Practice stress reduction techniques: Deep breathing, Meditation, Yoga

