

***Remember that strong emotions are normal reactions to an abnormal situation!***

**Table 1.—Symptoms of stress that may be experienced during or after a traumatic incident**

<b>Physical*</b>	<b>Cognitive</b>	<b>Emotional</b>	<b>Behavioral</b>
Chest pain*	Confusion	Anxiety	Intense anger
Difficulty breathing*	Nightmares	Guilt	Withdrawal
Shock symptoms*	Disorientation	Grief	Emotional outburst
Fatigue	Heightened or lowered alertness	Denial	Temporary loss or increase of appetite
Nausea/vomiting	Poor concentration	Severe panic (rare)	Excessive alcohol consumption
Dizziness	Memory problems	Fear	Inability to rest, pacing
Profuse sweating	Poor problem solving	Irritability	Change in sexual functioning
Rapid heart rate	Difficulty identifying familiar objects or people	Loss of emotional control	
Thirst		Depression	
Headaches		Sense of failure	
Visual difficulties		Feeling overwhelmed	
Clenching of jaw		Blaming others or self	
Nonspecific aches and pains			

**\*Seek medical attention immediately** if you experience chest pain, difficulty breathing, severe pain, or symptoms of shock (shallow breathing, rapid or weak pulse, nausea, shivering, pale and moist skin, mental confusion, and dilated pupils).