

SYMPTOMS OF STRESS AND TRAUMA



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After experiencing prolonged and/or severe stress or trauma, it is common to experience at least some of a wide range of physical, mental, emotional, spiritual and behavioral reactions. These reactions may appear immediately after the event(s) or some time later.

The following are some of the most common reactions:

Physical	Mental	Emotional	Spiritual	Behavioral
Sleep disturbances	Difficulty concentrating	Mood swings	Feelings of emptiness	Risk taking
Headaches	Confusion	Over-emotional	Loss of meaning	Over or under-eating
Stomach upsets	Disorganized thinking	Irritability	Discouragement	Hyper-alertness
Fatigue	Forgetfulness	Emotional numbness	Loss of hope	Listlessness and apathy
Inability to rest	Difficulty making decisions	Anger	Loss of sense of purpose	Aggression
Changes in appetite	Dreams or nightmares	Depression/sadness	Doubt	Withdrawal and isolation
Rapid heart rate	Intrusive thoughts	Anxiety/apprehension	Anger at God	Compulsive behavior
Rapid breathing			Loss of sense of connection	Overwork
Being easily startled			Guilt	Increased conflict in relationships
Muscle tremors			Cynicism	Increased smoking and/or drinking and/or substance use