

Stress Reactions and Tools

Over the next month you will experience normal reactions to the kind of experience you've had which may include:

Physical reactions *

Fatigue	Hyperactivity	Nightmares	Startle reactions	Insomnia	Chills
Under-activity	Dizziness	Headaches	Shock symptoms	Chest Pain	Weakness
Higher Blood Pressure		Higher Heart Rate		Twitches	

Cognitive reactions

Concentration	Confusion	Suspiciousness	Blaming	Poor problem solving
Isolating	Flashbacks	Uncertainty	Poor memory	Poor attention
Unable to concentrate or make decisions			Disorientation of time, place or people	

Emotional reactions

Fear	Anxiety	Guilt	Grief	Panic	Denial
Agitation	Irritability	Depression	Intense anger	Feeling overwhelmed	
Loss of emotion	Feelings of helplessness				
Over sensitivity					

Behavioral reactions

Withdrawal	can't rest	pacing	Loss of appetite	anti-social acts
Increased appetite		change in speech pattern		change in social activity

Spiritual reactions

Withdrawal from place of worship	Anger at God or higher power	Loss of meaning/purpose
Uncharacteristic religious involvement	Questions about beliefs and faith practices	

These are normal reactions, and although painful, are a part of the healing process. There is not a lot anyone can do to make you not experience these uncomfortable feelings, but there are things you can do to feel more whole.

Things to try:

- **WITHIN THE FIRST 24 - 48 HOURS**, periods of strenuous physical exercise alternated with relaxation will alleviate some of the physical reactions.
- **Structure your time - keep busy.**
- **You're normal** and having normal 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.**
- **Keep your lives as normal as possible.**
- **Spend time with others.**
- **Help your co-workers** as much as possible by **sharing feelings** and checking out how they're doing.
- **Give yourself permission to feel rotten** and share your feelings 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.**
The *Nutrition Almanac* recommends supplementing your diet with Vitamin C, Vitamin B₂, Vitamin B₆, Calcium and Magnesium.
- **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, i.e., if someone asks you what you want to eat - answer them even if your not sure.

* Any of these symptoms may indicate the need for medical evaluation.