

Attachment 1

STRESS RESPONSE SYNDROMESPsychological and emotional

- anxiety
- irritability, restlessness, hyperexcitability
- feelings of depression, moodiness, periods of crying
- anger, blaming
- feelings of apathy, diminished interest in usual activities
- feelings of isolation, detachment, estrangement
- feelings of guilt about surviving
- denial or construction of feelings
- "flashbacks" or intrusive memories of event
- recurrent dreams of the event or other traumas; other sleep problems

Physical

- headaches
- feeling weakness in parts of the body
- nausea, upset stomach, other gastrointestinal problems
- soreness in muscles
- hot or cold spells, sweating or chills
- lower back pain
- faintness or dizziness
- numbness or tingling in parts of the body
- heavy feeling in arms or legs
- feeling a "lump in the throat"
- pains in the chest
- trouble getting breath
- exaggerated startle reaction
- tremors
- fatigue
- increase in allergies, colds, flu

Thought

- poor concentration
- mental confusion
- slowness of thinking
- loss of objectivity
- forgetfulness
- inability to make judgments and decisions
- loss of ability to conceptualize alternatives or prioritize tasks

Behavioural

- hyperactivity
- outbursts of anger or frequent arguments
- inability to express self verbally or in writing
- withdrawal, social isolation, "distancing"
- increased use of alcohol, tobacco, other drugs
- avoidance of activities or places that arouse recollection of traumatic event
- family problems