

Trauma Reactions



Healthy Minds. Healthy Lives. Healthy Communities.

Physical Reactions

Fatigue Nausea Insomnia
Sweating Headaches Appetite loss
Rapid heart rate

Emotional Reactions:

Fear Guilt Anger
Denial Anxiety Irritability
Depression Numbness

Cognitive Reactions:

Confusion Memory Problems
Concentration Problems Intrusive Thoughts
Poor Decision Making & Problem Solving

Behavioral Reactions:

Emotional outbursts Avoidance of others
Problems with work and school performance

