

Individuals exposed, directly or indirectly, to traumatic events experience a wide range of reactions during and after the event. Examples of traumatic events include injuries, assaults, robberies, fires, transportation accidents, natural disasters (*hurricanes, earthquakes, tornadoes and floods*), death of close friends, family, coworkers and students and organizational crises.

Research in recent years into the reactions that people have to these experiences has shown that surviving such an event, or just witnessing the event, may cause very strong reactions. Some common reactions to traumatic events are listed:

PHYSICAL	EMOTIONAL	COGNITIVE
<i>Trouble falling, staying asleep</i>	<i>Anxiety</i>	<i>Memory problems</i>
<i>Loss of appetite or nervous eating</i>	<i>Fear</i>	<i>Confusion</i>
<i>Stomach distress</i>	<i>Guilt</i>	<i>Difficulty making decisions</i>
<i>Startle responses</i>	<i>Irritability</i>	<i>Decrease in concentration</i>
<i>Sweating/Chills</i>	<i>Anger</i>	<i>Racing thoughts</i>
<i>Fatigue</i>	<i>Numbness</i>	<i>Intrusive thoughts, images</i>
<i>Neck/Backaches</i>	<i>Sadness</i>	<i>Flashbacks</i>

Not everyone will experience any or many of these reactions. If you do, it is important to remember that for most people these reactions will diminish over a few days to a few weeks. If not, please seek out additional support.

Suggested strategies to help ease these reactions: