

STRESS SYMPTOMS

Physical

- Visual Difficulties
- Grinding of teeth
- Weakness
- Dizziness
- Profuse sweating
- Chills
- Shock symptoms e.g. fainting
- Sleeplessness
- Fatigue
- Nausea
- Vomiting
- Muscle tremors
- Chest Pain
- Difficulty breathing
- Elevated BP
- Rapid heart rate
- Thirst

Cognitive

- Blaming
- Confusion
- Poor attention
- Poor decisions
- Heightened/lowered alertness
- Memory problems
- Hyper-vigilance
- Disturbed thinking
- Increased/decreased awareness of surroundings
- Poor problem solving
- Poor abstract thinking
- Loss of time/place/person orientation
- Nightmares
- Intrusive images

Emotional

- Anxiety
- Guilt
- Grief
- Denial
- Severe panic
- Emotional Shock
- Fear
- Uncertainty
- Depression
- Loss of emotional control
- Intense anger
- Inappropriate emotional response
- Irritability
- Agitation
- Feeling overwhelmed
- Apprehension

Spiritual

- Questioning the meaning of life
- Loss of purpose
- Loss of hope
- Changes in beliefs
- Doubts
- Loss of sense of community
- Spiritual dryness
- Submission to excessive control
- Unforgiveness
- Bitterness
- Anger at God or life
- Difficulty praying
- Distance from God