

# Critical Incident Stress Information

You have experienced a traumatic event or a critical incident (any event that causes unusually strong emotional reactions that have the potential to interfere with the ability to function normally.) Even though the event may be over, you may now be experiencing or may experience later, some strong emotional or physical reactions. It is very common, in fact quite *normal*, for people to experience emotional aftershocks when they have passed through a horrible event.

Sometimes the emotional aftershocks (or stress reactions) appear immediately after the traumatic event. Sometimes they may appear a few hours or a few days later. And, in some cases, weeks or months may pass before the stress reactions appear.

The signs and symptoms of a stress reaction may last a few days, a few weeks, a few months, or longer, depending on the severity of the traumatic event. The understanding and the support of loved ones usually cause the stress reactions to pass more quickly. Occasionally, the traumatic event is so painful that professional assistance may be necessary. This does not imply craziness or weakness. It simply indicates that support is needed to manage the particular event.

Here are some common signs and signals of a stress reaction that may or may not occur:

## ***Physical***

- chills
- thirst
- fatigue
- nausea
- fainting
- twitches
- vomiting
- dizziness
- weakness
- chest pain
- headaches
- elevated blood pressure
- rapid heart rate
- muscle tremors
- shock symptoms
- grinding of teeth
- visual difficulties
- profuse sweating
- difficulty breathing

## ***Cognitive***

- confusion
- nightmares
- uncertainty
- hyper vigilance
- suspiciousness
- intrusive images
- blaming someone
- poor problem solving
- poor abstract thinking
- poor attention/decisions
- poor concentration/memory
- disorientation of time, place or person
- difficulty identifying objects or people
- heightened or lowered alertness
- increased or decreased awareness of surroundings

## ***Emotional***

- fear
- guilt
- grief
- panic
- denial
- anxiety
- agitation
- irritability
- depression
- intense anger
- apprehension
- emotional shock
- emotional outbursts
- feeling overwhelmed
- loss of emotional control
- inappropriate emotional response

## ***Behavioral***

- withdrawal
- antisocial acts
- inability to rest
- intensified pacing
- erratic movements
- change in social activity
- change in speech patterns
- loss or increase of appetite
- hyper-alert to environment
- increased alcohol consumption
- change in usual communications

***Please feel free to contact us 24 hours a day, every day, at 800-EAP-7272.***

***www.lytleap.com Password - acshic***



**Allegheny County Schools  
Health Insurance Consortium**

**LYTLE EAP PARTNERS**  
*Well-being at work*