

# Common Reactions to Traumatic Events

Everyone who has experienced or witnesses a traumatic event will experience it differently, but will typically have reactions that fall into four basic categories.

## Psychological and Emotional

- *Depressed mood*
- *Irritability*
- *Loss of interest or pleasure*
- *Drug or alcohol abuse*
- *Feelings of inadequacy and loneliness*
- *Loss of trust*
- *Perceived indifference from colleagues*
- *Anger, guilt, frustration*
- *Inability to think or concentrate*
- *Recurrent images or thoughts of the event triggered by non-specific events*
- *Distress when you are exposed to events that remind you of the trauma*
- *Hypervigilance with everything you do*
- *Desire to connect with others experiencing similar trauma*

## Cognitive

- *Inability to think or concentrate*
- *Feeling distracted*

## Physical

- *Trouble eating*
- *Sleeping*
- *Fatigue*
- *Headaches*

## Behavioral

- *Hyperactivity, or less activity*
- *Drug or alcohol abuse*
- *Social isolation*
- *Insomnia or sleeping excessive*
- *Strong need to talk about the event or read information surrounding the traumatic event*

**If any of these reactions sound similar to something you may be experiencing, please contact MITSS or look for other documents in the toolkit for support.**