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.