



## **Common Reactions Following a Traumatic Event**

It is not uncommon for people who have been closely involved in a crisis or traumatic situation to experience unusual emotional detachment in order to cope and function. Some other typical reactions might include:

- ✓ Irritability/anger
- ✓ Preoccupation with the event and one's role in it
- ✓ Depression
- ✓ Guilt
- ✓ Anxiety
- ✓ Emotional "numbness"
- ✓ Silence/withdrawal
- ✓ Sleep disturbances/nightmares
- ✓ Change in personal work habits
- ✓ Poor concentration
- ✓ Difficulty in making decisions
- ✓ Memory problems
- ✓ Difficulty with details.