



Beacon Place

583 Route 32 • Suite 5U • Highland Mills, New York 10930
(845) 827-6680

-Please call if you have any questions or would like to meet with us.
We are here to help.

When someone has experienced a traumatizing incident can be strongly affected. Some get through the event, talk about it and don't have memories or reactions afterwards. Others, though, have the experience(s) recorded into their subconscious with the visual, audio, feelings and/or other sensory information present. When something in the present touches on a trigger from the past symptoms develop. Knowing these symptoms are normal for people who have gone through these types of events helps us to learn that we are not alone, that we are not so abnormal and that there is treatment to help us improve.

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 or a few months, and occasionally longer depending on the severity of the traumatic event. With understanding and the support of loved ones the stress reactions usually pass more quickly. Occasionally, the traumatic event is so painful that professional assistance from a counselor may be necessary. This does not imply craziness or weakness. It simply indicates that the particular event was just too powerful for the person to manage by himself or herself.

Here are some very common signs and signals of a stress reaction: They do not all have to be present

PHYSICAL

Fatigue
Nausea
Muscle tremors
Twitches
Chest pain*
Difficulty breathing*
Elevated BP
Rapid heart rate
Headaches
Visual difficulties
Vomiting
Grinding of teeth
Weakness
Dizziness
Profuse sweating
Chills
Shock symptoms*
Fainting

COGNITIVE

Confusion
Poor attention
Poor decisions
Heightened or lowered alertness
Poor concentration
Memory problems
Hypervigilance
Difficulty identifying familiar objects or people
Increased or decreased awareness of surroundings
Poor problem solving
Poor abstract thinking
Loss of time, place or person orientation
Disturbed thinking
Nightmares
Intrusive images



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EMOTIONAL

Anxiety
Guilt
Grief
Denial
Panic
Emotional shock
Numbness
Ambivalence
Fear
Uncertainty
Loss of emotional control
Fear of "Going Crazy"
Depression
Inappropriate emotional response
Apprehension
Feeling overwhelmed
Intense anger
Irritability
Agitation
Drive to CONTROL

BEHAVIORAL

Change in activity
Change in speech patterns
Withdrawal
Emotional outburst/overreaction
Suspiciousness
Change in usual communications
Loss or increase of appetite-
Anorexia, Bulimia, Binge eating
Alcohol consumption
Substance Abuse
Compulsions inc. sex, gambling
Phobias
OCD type behaviors
Inability to rest
Antisocial acts
Cutting, carving, burning, S.I.B.
Nonspecific bodily complaints
Hyper alert to environment
Startle reflex intensified
Pacing
Erratic movements
Change in sexual functioning

This information is not intended to serve as medical advice. If you experience physical symptoms which Cause you concern, please consult your physician.