



## Trauma Related Stress: Warning Signs

Individuals who have experienced a traumatic event oftentimes suffer stress related to the incident. In most instances, these are normal reactions to abnormal situations.

- Recurring thoughts or nightmares about the event.
- Having trouble sleeping or changes in appetite.
- Experiencing anxiety and fear, especially when exposed to events or situations reminiscent of the trauma.
- Being on edge, being easily startled or becoming overly alert.
- Feeling depressed, sad and having low energy.
- Experiencing memory problems including difficulty in remembering aspects of the trauma.
- Feeling "scattered" and unable to focus on work or daily activities. Having difficulty making decisions.
- Feeling irritable, easily agitated, or angry and resentful.
- Feeling emotionally "numb", withdrawn, disconnected or different from others.
- Spontaneously crying, feeling a sense of despair and hopelessness.
- Feeling extremely protective of, or fearful for, the safety of loved ones.
- Not being able to face certain aspects of the trauma, and avoiding activities, places, or even people that remind you of the event.

If you feel after more than a month that you continue to experience symptoms, you should consider seeking outside support.

**For more Information Call:**

**Ben Gordon Center .....815 756-4875 [www.bengordoncenter.org](http://www.bengordoncenter.org)**

**4 hour crisis hotline: 1-866-BGC-0111**

References: [www1.nmha.org](http://www1.nmha.org); [www.trauma-pages.com](http://www.trauma-pages.com); [healthresources.caremark.com](http://healthresources.caremark.com); [mentalhealth.samhsa.gov](http://mentalhealth.samhsa.gov); [www.trauma-pages.com](http://www.trauma-pages.com)