REACTIONS TO A CRITICAL INCIDENT

Following the recent sad event, you may now be experiencing some strong emotional or physical reactions. There is no ‘right’ or ‘wrong’ way to feel but here is a list of difficulties that people sometimes experience following such an event.



|  |  |  |  |
| --- | --- | --- | --- |
|  | FEELINGS |  | BEHAVIOURAL |
|  |  |  |  |  |
|  | Fear | Insecurity |  | Nightmares |
|  | Guilt | Mood swings |  | Social withdrawal |
|  | Shame | Shock |  | Over reliance on use of social media |
|  | Regret | Yearning |  | Irritability |
|  | Anger | Numbness |  | Loss of concentration/forgetfulness |
|  |  |  |  |
|  | Tearfulness | Confusion |  | Physical/Verbal aggression |
|  | Loneliness | Isolation |  |
|  |  | Missue of drugs, including alcohol |
|  |  |  |  |

Anxiety



PHYSICAL

Tiredness

Sleeplessness

Headaches

Stomach problems - Bowel/Bladder problems

Loss or increase in appetite

THOUGHTS

Disbelief

Denial

Sense of unreality

Preoccupation with images of the event/person