

R9

*Responding to Critical Incidents - NEPS
Guidelines and Resource Materials for Schools*



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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

| | |
|-------------|-------------|
| Fear | Insecurity |
| Guilt | Mood swings |
| Shame | Shock |
| Regret | Yearning |
| Anger | Numbness |
| Tearfulness | Confusion |
| Loneliness | Isolation |
| Anxiety | |

BEHAVIOURAL

- Nightmares
- Social withdrawal
- Over reliance on use of social media
- Irritability
- Loss of concentration/forgetfulness
- Physical/Verbal aggression
- Misuse of drugs, including alcohol

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

