

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