

TYPICAL REACTIONS TO A TRAUMATIC EVENT

<u>PHYSICAL</u>	<u>COGNITIVE</u>	<u>EMOTIONAL</u>	<u>BEHAVIORAL</u>	<u>SPIRITUAL</u>
Fatigue	Blaming	Anxiety	Change in activity	Anger at God
Nausea	Confusion	Guilt	Change in speech	Feeling distant from God
Muscle tremors	Poor attention	Grief	Withdrawal	Withdraw from place of worship
Twitches	Poor decisions	Denial	Emotional outbursts	Uncharacteristic religious involvement
*Chest pain	Poor concentration	Emotional shock	Suspiciousness	Sudden turn from God
*Difficulty breathing	Raised or lowered alertness	Fear	Change in usual communication	Belief that God is powerless
*Elevated BP	Memory problems	Uncertainty	Restlessness	Loss of meaning and purpose
Thirst	Hypervigilance <or>	Emotional control problems	Increased alcohol use	Sense of isolation from God
Headaches	awareness of surroundings	Depression	Loss/increase in appetite	Questioning basic beliefs
Visual problems	Poor problem solving ability	Inappropriate emotions	Acting out	Anger toward clergy
Vomiting	Poor abstract thinking	Apprehension	Nonspecific body complaints	Believing that God doesn't care
Grinding teeth	Loss of orientation	Feeling overwhelmed	Hyper-alert to environment	Belief that we have failed God
Weakness	Impaired thinking	Intense anger	Intensified startle or reflex response	
*Dizziness	Nightmares	Irritability	Pacing	
Profuse sweating	Flashbacks	Agitation	Erratic movements	
Chills		*Severe panic	Increase/decrease in sexual activity	
<i>*Seek medical help</i>		<i>*Seek help from a professional mental healthcare provider</i>		

5 T's – Time, Talk, Tears, Touch, & Tolerance (of yourself and others)

The 5 T's promote resiliency

North/West Lower Michigan Synod – Bishop's Response Team

