

# Common Stress Responses after a Crisis

Sometimes, bad things happen that are out of our control. Because they are unexpected, they can make you feel all sorts of feelings. You may even feel nothing at all. We want to let you know that whatever you are feeling, you are okay. Even though the unexpected event has ended, you may still have feelings, thoughts, and actions about it. That is okay too. In fact, it is normal for people who have experienced something horrible to still feel and think about the unexpected event.

It can be hard to talk about how you are feeling, thinking, or acting. Here is a list of signs that you may be experiencing after an unexpected event. You can use them to talk to someone who cares about you about how you are feeling.

## How my body gets:

(It may be a good idea to have these signs checked out by a doctor. Ask a grown-up loved one about it)

- Tired
- Stomach hurts
- Throwing up
- Headaches
- Hard to sleep
- Wetting myself or the bed
- Jumpy/Twitchy
- Chest hurts
- Don't feel like eating
- Feel like eating all the time
- Sweating a lot
- Faster heart beat
- Hard to breathe
- Seeing is harder



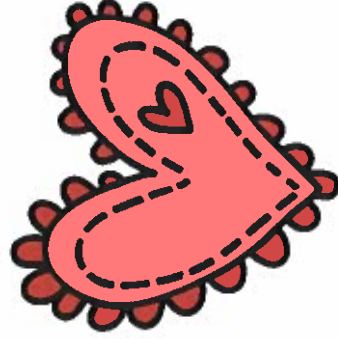
## How I think:

- Nightmares
- Hard to think
- It is someone else's fault
- Can't stop thinking about something
- Trouble doing homework
- Get confused easily
- Forget things a lot



## How I feel:

- Scared
- Sad
- Like I did something wrong
- Not sure of myself
- Not sure of the things around me
- Mad
- Worried
- Nothing
- It is hard to relax



## How I act:

- Keeping away from my friends
- Keeping away from my family
- I have to keep moving around
- Eat a lot
- Don't eat much
- Checking around me a lot
- Can't rest or stay still
- Talk differently than usual



These changes can show up right after the unexpected event or sometimes they take a long time to show up. These changes can also be different for everybody. It can be helpful to have people who care about you around you during this time. Sometimes these thoughts and feelings hurt so much that you might need help from people outside of friends and family. This does not mean that there is something wrong with you. Remember it is okay to ask for help.

