Handout 3-8: Signs of Heightened Stress in Emergency Situations

<table>
<thead>
<tr>
<th>Domain</th>
<th>Sign</th>
</tr>
</thead>
</table>
| Psychological | ▪ Depression  
              ▪ Sleeping difficulty  
              ▪ Chronic fatigue  
              ▪ Social withdrawal  
              ▪ Intrusive memories  
              ▪ Irritability, hostility, or sudden anger  
              ▪ Moodiness, emotional swings  
              ▪ Use of alcohol or drugs |
| Physical     | ▪ Headaches  
              ▪ General aches and pains  
              ▪ Difficulty sleeping  
              ▪ Gastrointestinal pain  
              ▪ Chest tightness or pain  
              ▪ Muscular tension, twitches, tics, or tremors  
              ▪ Dry mouth |
| Cognitive    | ▪ Difficulty concentrating  
              ▪ Difficulty in making decisions  
              ▪ Memory difficulties  
              ▪ Confusion or disorientation  
              ▪ Slowed mental processing |
| Behavioral   | ▪ Social withdrawal  
              ▪ Irritability, hostility, or sudden anger  
              ▪ Lack of empathy or respect for others  
              ▪ Moodiness, emotional swings  
              ▪ Use of alcohol or drugs  
              ▪Suspicion of people or situations |