



## 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

