

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	BEHAVIOURAL
Fear Guilt Shame Regret Anger Tearfulness Loneliness Anxiety Insecurity Mood swings Shock Yearning Numbness Confusion Isolation	Nightmares Social withdrawal Over reliance on use of social media Irritability Loss of concentration/forgetfulness Physical/Verbal aggression Missue of drugs, including alcohol
PHYSICAL	THOUGHTS
Tiredness Sleeplessness Headaches Stomach problems - Bowel/Bladder problems Loss or increase in appetite	Disbelief Denial Sense of unreality Preoccupation with images of the event/person