

COMMON STRESS RESPONSES



Cognitive:

- Loss of focus/attention problems
- Meaning making
- Intrusive thoughts
- Monkey Mind: playing the situation /conversation over and over again

Physical:

- Sleep disturbances
- Stomach or digestive problems
- Exaggerated startle responses
- Increased Sweating



Behavioral

- Longing for physical or emotional connection with loved ones
- Pushing people away or isolating
- Returning to old coping patterns (i.e substance use, excessive shopping)
- Talking about experiences repeatedly with no relief
- Pacing, agitation, yelling
- Changes in diet



Spiritual:

- Seeking meaning
- Abandoned by spiritual connection or feeling disconnected from spiritual group
- Anger at God, Creator. the world, etc.

