

Reactions to expect following a critical incident

Immediate Physical Reactions

Confusion
Crying
Fatigue
Nausea
Muscle tremors
Shock symptoms (weak pulse, glassy eyes)
Sweating
Chills
Dizziness
Stomach ache
Chest pain
Difficulty breathing
Blurred vision
Headaches, vomiting, diarrhea
Cardiac arrest

Immediate Mental Reactions

Memory loss
Decreased decision making ability
Decreased problem solving capability
Concentration problems
Limited attention span
Calculation problems
Confusion
Disorientation
Amnesia

Delayed Reactions

Fear
Chronic fatigue
Sleep disturbances
Anxiety
Depression
Moodiness
Difficulties concentrating
Increased substance abuse
Suspiciousness
Apathy
Deterioration in work performance
Frustration
Flashbacks
Anger
Self-medication
Memory problems
 Intrusive thoughts
 Isolation
Suicidal ideation and/or attempts
Homicidal ideation and/or attempts
Emotional detachment
Intolerance of others (management especially)
Cynicism
Relationship problems
Denial
Resistance to change
Black humor
Intellectualization
Abuse of sick leave
Guilt
Unacceptable behavior