

Symptoms: Impact From a Traumatic Incident

Stages	Thinking	Feeling	Physical	Social Relationships
Shock	<ul style="list-style-type: none"> ▪ Slowed and/or disorganized thinking ▪ Blocking ▪ Suicidal thoughts ▪ Wish to join deceased ▪ May appear unaffected 	<ul style="list-style-type: none"> ▪ Psychic numbness ▪ Blunting ▪ Outbursts ▪ Euphoria ▪ Hysteria ▪ Unaffected 	<ul style="list-style-type: none"> ▪ Physical numbness ▪ Feeling of unreality ▪ Feeling of being outside body ▪ Hypo or hyperactivity ▪ Talkative 	<ul style="list-style-type: none"> ▪ Passive ▪ Unaware of others
Protest	<ul style="list-style-type: none"> ▪ Preoccupied with thoughts of deceased ▪ Searching ▪ Rumination ▪ Dreams ▪ Hallucinations 	<ul style="list-style-type: none"> ▪ Sadness ▪ Fear ▪ Anger ▪ Guilt ▪ Relief ▪ Irritability ▪ Yearning ▪ Intense anguish 	<ul style="list-style-type: none"> ▪ Physical distress ▪ Pain in chest ▪ Sleep disturbance ▪ Fatigue ▪ Nausea ▪ Decreased appetite ▪ Weight loss 	<ul style="list-style-type: none"> ▪ Dependent ▪ Seeks help
Disorganization	<ul style="list-style-type: none"> ▪ Confusion ▪ Aimlessness ▪ Slowed thinking ▪ Loss of Interest ▪ Decreased self esteem ▪ Focus on memories 	<ul style="list-style-type: none"> ▪ Sadness ▪ Loneliness ▪ Depression ▪ Meaninglessness ▪ Apathy ▪ Feeling of unreality 	<ul style="list-style-type: none"> ▪ Deceased inside self ▪ Adopt traits and mannerisms of deceased ▪ Restlessness ▪ Decreased resistance to illness 	<ul style="list-style-type: none"> ▪ Withdrawn ▪ Avoids others ▪ Lacks initiative ▪ Lacks interest
Reorganization	<ul style="list-style-type: none"> ▪ Develop realistic memory of deceased ▪ Develop pleasure in remembering ▪ Return to previous level of functioning ▪ Find new meaning in life 	<ul style="list-style-type: none"> ▪ Experience both sadness and happiness 	<ul style="list-style-type: none"> ▪ Return to previous level 	<ul style="list-style-type: none"> ▪ New or renewed social relationships ▪ New or renewed interests

A key factor in noticing symptoms is “change” – What has changed in this employee’s behaviors, attitude, etc.
 Stages, time periods and manifestations vary greatly among individuals.