



# Oakland County Crisis Response Organization

c/o Common Ground Sanctuary • 1410 Old Telegraph • Bloomfield Hills, MI 48302  
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## ***TRAUMATIC EVENTS INFORMATION SHEET***

You have experienced a traumatic event (an injury, loss of someone you cared about, or other type of emotionally overwhelming event). Even though the event may be over, you may now be experiencing or may experience later some strong emotional or physical reactions. It is very common, in fact normal, for people to experience emotional after shocks when they have passed through a horrible event.

Sometimes the emotional after shocks (or stress reactions) appear immediately after the traumatic event. Sometimes they may appear a few hours or days or weeks later. In some cases, months may pass before the symptoms appear. Occasionally, no symptoms or problems occur.

The signs and symptoms of a stress reaction may last a few days, a few weeks, or longer depending on the severity of the traumatic event. With understanding and the support of loved ones the stress reactions usually pass more quickly. Occasionally the traumatic event is so painful that professional assistance from a counselor may be necessary. This does not imply craziness or weakness. It simply indicates that the particular traumatic event was just too powerful for the person to manage by himself or herself.

Here are some very common signs and symptoms of a stress reaction after a traumatic event:

### **PHYSICAL**

nausea  
upset stomach  
tremors  
chills  
diarrhea  
rapid heart beat  
headaches  
sleep disturbance  
headaches  
fatigue

### **THINKING**

slowed thinking  
hard to make decisions  
hard to problem solve  
confusion  
disorientation  
concentration problems  
memory problems  
intrusive images  
intrusive thoughts  
frustrated

### **EMOTIONAL**

anxiety  
fear  
guilt  
grief  
depression  
feeling lost  
feeling numb  
irritability  
anger  
feeling isolated

If you or someone you know is experiencing any of the above, it is important to remember that these are **NORMAL** reactions, of a **NORMAL** person, who is trying to cope with and **ABNORMAL** event.

There are some things you can do to help speed up the recovery process. Sometimes just knowing that what we are going through is a normal reaction can help, but usually it is important to talk to others, especially those who have gone through this experience or similar ones. Talking about it helps the most.