

## Possible Reactions to a Critical Incident (Hand out for Students)

Following a sad event, strong emotional or physical reactions may occur. There is no 'right' or 'wrong' way to feel. The following may be experienced after such an event.

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