NORMAL RESPONSES TO ABNORMAL SITUATIONS
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EMOTIONALLY
You may have feelings of anxiety or fear, sadness, anger, guilt (even if you had no control over the disaster), heroism (like you can do anything), disconnection from those around you, or numb.

PHYSICALLY
You may have stomach aches, diarrhea, headaches or other physical pains (with no known reason). You might be jumpy or easily startled.

BEHAVIORALLY
You may have trouble sleeping (can’t fall asleep, sleeping too much or too little), a change in your amount of energy, a change in eating habits (eating too much or too little), crying more than normal, use of substances, have angry outbursts at those around you.

MENTALLY
You may have trouble remembering things, concentrating, or making decisions. You may feel confused or worried (for no known reasons).

These responses are not about being weak, they are about being human.
If your experience is different from this, that is okay too.

There are many different coping skills that can help with these responses, such as riding a bicycle or talking to a friend.