Feelings of anger, fear, loss
Shock
Nausea, diarrhea
Change in heart rate
Changes in respiration - breathing fast, shallow breathing, or holding of breath
Tensing of the body - clenching hands into fists, clenching jaw, etc.
Anxiety/nervousness
Fatigue
Being easily startled
Sadness/Depression
Tensing of the body - clenching hands into fists, clenching jaw, etc.
Headaches/Migraines
Shift in level of confidence in professional life - "I am not as good as I used to be."
Thoughts of the world as unjust or a dangerous place
Thoughts that people can't be trusted
Hypervigilance
Changes in behavior towards children/family - being more protective
Avoidance of situations which are reminders of event or narrative
Somatic symptoms
Fears for safety of self
Fears for safety of family and significant others
Shift in World View
Memory issues
Dreams/nightmares of event or narrative
Difficulty separating work life from personal life
Ruminating and/or racing thoughts
Possible memory of personal trauma (childhood or adult)
Remembering images of event or parts of narrative/flashback
Possible memory of personal trauma (childhood or adult)
Loss of appetite
Fatigue
Being easily startled
Sadness/Depression
Tensing of the body - clenching hands into fists, clenching jaw, etc.
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