



Counseling & Psychological Services

at Florida State University

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STRESS INFORMATION

When we experience stressful events, we often have strong emotional and physical reactions. Although not everyone has a strong or noticeable reaction, it is very common and quite normal for people to experience emotional after-shocks when they have experienced a difficult event.

These reactions may happen immediately, or they may happen in the days, weeks, months, or even longer following the event.

Just as the onset of these events is somewhat unpredictable, so is the course. Your reactions may last anywhere from a few hours, to days, weeks, months, or longer. Finding understanding and support from friends, loved ones, and your community often helps these reactions pass more quickly. Mental health professionals, such as those who work at Counseling and Psychological Services, can be a great, confidential, resource when coping with troublesome reactions.

Here are some very common reactions to stress:

Physical	Mental	Emotional	Behavioral
Feeling Tired / Low Energy	Difficulty Making Decisions	Anxiety	Changes in Normal Activities
Difficulty Sleeping	Confusion	Severe Panic	Change in speech
Feeling Shaky	Poor Attention	Grief	Withdrawal from Others
Twitches	Placing Blame on Others	Denial	Emotional Outbursts
Shortness of Breath	Heightened or Lowered Alertness	Survivor Guilt / Self Blame	Change in communication
Rapid Breathing	Poor Concentration	Emotional Numbness	Suspiciousness
Rapid Heartbeat	Forgetfulness	Uncertainty	Agitation / Restlessness
Headaches	Poor problem solving	Difficulty Controlling Emotions	Substance abuse
Blurry Vision	Feeling Disoriented	Depression	Antisocial Acts
Nausea/Vomiting	Disturbed Thinking	Reduced Pleasure in Normal Activities	Pacing
Thirst	Nightmares	Apprehension	Erratic Movements
Hunger	Intrusive Memories	Intense Anger	Decreased Personal Hygiene
Dizziness	Flashbacks	Irritability / Agitation	Diminished Sex Drive
Excessive Sweating	Suicidal Ideas	Apathy / Boredom	Appetite Disturbance
Weakness	Change in Values	Helplessness	Prolonged Silences
Fainting	Search for Meaning	Feelings of Worthlessness	