





Individual Reactions to Disaster Events

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- Disbelief
 - Fear
 - Helpless/Hopeless
 - Anxiety
 - Loss of Trust
 - Feeling detached
 - Irritable
 - Anger
 - Guilt
 - Restless
 - Sadness
 - Numbness

*May be Intense
May Change over
time*

Emotions


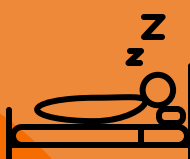
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- Flashbacks
 - Nightmares
 - Previous trauma

- Suspicious
- Blaming

- Poor concentration
- Forgetfulness
- Confusion

- Belief life won't get better
- Fear of future disasters

Thoughts

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- Isolating
 - Pacing
 - Fidgeting
 - Fighting / Arguing
 - Fatigue
 - Reckless / Risk-taking
 - Work or School problems

Behaviors

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- Appetite change
 - Sleep changes
 - Easily startled
 - Hypervigilance
 - Headaches
 - Stomachaches
 - Rapid heart beat
 - Sweating
 - Chills
 - Tension
 - Aches & Pains
 - Edginess
 - Sex drive change

Physical