

Behavioral

Change in activity levels

Behavioral

Decreased efficiency and effectiveness

Behavioral

Difficulty communicating

Behavioral

Irritability, outbursts of anger, frequent arguments

Behavioral

Inability to rest or relax

Behavioral

Change in eating habits

Behavioral

Change in sleep patterns

Behavioral

Periods of crying

Behavioral

Hyper-vigilance about safety or the surrounding environment

Behavioral

Increase use of caffeine

Physical

Increased heart rate or blood pressure

Physical

Upset stomach, nausea, diarrhea

Physical

Increased or decreased appetite which may be accompanied by weight loss or gain

Physical

Sweating or chills

Physical

Headaches

Physical

Sore or aching muscles

Physical

Back pain

Physical

Easily startled

Physical

Fatigue that does not improve with sleep

Physical

Decreased resistance to colds, flu, infections

Emotional

Denial

Emotional

Anxiety or fear

Emotional

Worry about safety
of self or others

Emotional

Restlessness

Emotional

Sadness,
moodiness, grief
or depression

Emotional

Vivid or distressing
dreams

Emotional

Feeling
overwhelmed,
helpless or
hopeless

Emotional

Feeling isolated,
lost, lonely or
abandoned

Emotional

Apathy

Emotional

Feeling
misunderstood or
unappreciated

Cognitive

Constant worrying

Cognitive

Racing thoughts

Cognitive

Forgetfulness and disorganization

Cognitive

Inability to focus

Cognitive

Poor judgement

Cognitive

Being pessimistic or seeing only the negative side

Cognitive

Slowness in thinking, analyzing, or comprehending

Cognitive

Difficulty setting priorities or making decisions

Cognitive

Difficulty concentrating

Cognitive

Limited attention span

Social

Withdrawing
or isolating
from people

Social

Difficulty
listening

Social

Difficulty
engaging in
mutual problem
solving

Social

Difficulty
sharing ideas

Social

Blaming

Social

Criticizing

Social

Intolerance of
group process

Social

Difficulty in
giving or
accepting
support or help

Social

Impatient with or
disrespectful to
others

Social

Lack of trust