



WARNING SIGNS OF TRAUMA-RELATED STRESS

Individuals who have experienced a traumatic event often suffer psychological stress related to the incident. In most instances, this is a normal reaction to abnormal situations. Individuals who feel unable to regain control of their lives, or who experience the following symptoms for more than a month, should consider seeking professional mental health assistance. AFA EAP works with mental health professionals trained in trauma. For information or a referral, contact NEAS at 1-877-464-4009, or AFA EAP at 1-800-424-2406.

- Recurring thoughts or nightmares about the event.
- Having trouble sleeping or changes in appetite.
- Experiencing anxiety and fear, especially when exposed to events or situations reminiscent of the trauma.
- Being on edge, being easily startled or becoming overly alert.
- Feeling depressed, sad and having low energy.
- Experiencing memory problems including difficulty in remembering aspects of the trauma.
- Feeling “scattered” and unable to focus on work or daily activities. Having difficulty making decisions.
- Feeling irritable, easily agitated, or angry and resentful.
- Feeling emotionally “numb,” withdrawn, disconnected or different from others.
- Spontaneously crying; feeling a sense of despair and hopelessness.
- Feeling extremely protective of, or fearful for, the safety of loved ones.
- Not being able to face certain aspects of the trauma, and avoiding activities, places, or even people that remind you of the event.