

## **STORM STRESS SYNDROME**

A natural disaster creates tremendous emotional distress for everyone experiencing it. Here are the normal signs and symptoms after a life-threatening storm to consider in assessing how you may have been affected negatively. The more indicators that show up in a single category or in multiple categories, the more you may be experiencing 'Storm Stress Syndrome' which is a common emotional condition after a major disaster. If you notice these warning signs in yourself, or others close to you, you need to seek professional assistance by contacting a doctor, psychologist, counselor or member of the clergy. Stabilizing the symptoms of storm stress now is one of the best ways to prevent more serious emotional, relational or behavioral problems from occurring in the months following a natural disaster for you, your family members and co-workers.

### **PHYSICAL**

Fatigue	Sweating	Shortness of breath	Loss or increase of appetite	Nausea or Diarrhea
Elevated blood pressure	Tightness in chest or chest pain	Muscle fatigue or weakness	Insomnia or Hyper-somnia	Increased cold or flu symptoms
Pacing	Heart Palpitations	Shallow breathing	Fainting	Abdominal pain

### **EMOTIONAL**

Anger	Stress	Anxiety	Tension	Apathy
Fear	Panic	Guilt	Uneasiness	Alarm
Numb inside	Impatience	Depression	Shame	Nervousness
Grief	Loss	Irritability	Apprehension	Overwhelmed

### **BEHAVIORAL**

Restlessness	Impulsive	Avoidance	Edgy	Rapid speech
Tense muscles/neck	Easily startled or jumpy	Hyper-vigilance	Withdrawal from others	Accident proneness
Anti-social acts	Inability to rest	Intensified pacing	Increased use of alcohol	Increased use of caffeine

### **COGNITIVE**

Easily Distracted	Poor concentration	Forgetfulness	Errors in judgment	Mental Fog
Decreased decision making	Reduced creativity or mental focus	Diminished productivity	Loss of objectivity	Self-consciousness
Confusion	Fear of losing control	Frightening visual images	Fear of injury, death, pain	Flashbacks-nightmares

**To learn more from Dwight Bain about recovering from Storm Stress visit [www.StormStress.com](http://www.StormStress.com)**