



## Emotional Reactions To Stress/Change

- **Shock and disbelief** - In the beginning, most people feel a profound numbness. When the fog clears, most people's emotions fall into turmoil.
- **Fear and/or anxiety** - You may have panic attacks and feel afraid. You may be filled with restlessness unable to concentrate on anything. You may be unable to sleep at night or find it very hard to get out of bed in the morning.
- **Grief/depression** - As the reality sinks in, depression usually is not far behind. The world may seem to lose its meaning for you. Activities that you once enjoyed may seem like a burden. You may feel as if there is little point in going on, or you may want to withdraw from everyone.
- **Disorientation** - A feeling of being lost or unable to get their bearings for a little while
- **Denial** - denying that the event has taken place.
- **Mood swings** - People can become surly, angry and then giddy. You may find that you cycle through a number of emotions without realizing it
- **Worrying/ruminating** - You may keep replaying the moments you were notified of the event.
- **Nightmares** - Disturbing dreams about the event or perceived consequences of the event
- **Feelings of helplessness** - Feeling as though there is nothing you can do
- **Panic or feeling out of control** - Often one of our first reactions is to panic and let our thoughts runaway with us
- **Guilt** - Each Survivor lives with "what-ifs" "What if I had been a better employee?" This is a normal reaction. Remember that no one can predict the future or recreate what might have been. We can't change the events that took place, and to continue blaming ourselves will only be destructive.
- **Feelings of detachment** - Feeling like this is only happening to you and no one else - separate from everyone
- **Minimizing the experience** - Not taking the situation as seriously as needed
- **Searching for understanding** - You will probably experience a great need to understand why this happened. Rumors and opinions of many peoples may come your way. Often you will not find answers to all your questions.
- **Emotional numbing** - Cutting yourself off from your feelings
- **Difficulty trusting** - Deciding not to trust anyone or any company again, feeling bitter
- **Feelings of betrayal** - Betrayal is a very common feeling in these situations
- **Loss of a sense of fairness**

During this time it may be very important to talk with someone you trust who has a non-judgmental ear.

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The information about educational or therapeutic approaches is provided for educational purposes only. Certain treatments may or may not be covered through your benefit plan. Coverage typically depends on your plan specifications and relevant guidelines maintained in relation to your benefit plan.