

# ***Fraternal Order of Police, of Ohio, Inc.***

## *Critical Incident Response Service*

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Here are some very common signs and signals of a stress reaction:

### **Physical**

fatigue  
nausea  
muscle tremors  
twitches  
chest pain\*  
difficulty breathing\*  
elevated BP  
headaches  
thirst  
visual difficulties  
grinding of teeth  
weakness  
dizziness  
profuse sweating  
chills  
shock symptoms\*  
vomiting  
fainting  
etc...

### **Emotional**

anxiety  
guilt  
grief  
denial  
severe panic (rare)  
emotional shock  
fear  
uncertainty  
loss of emotional control depression  
inappropriate emotional response  
agitation  
apprehension  
feeling overwhelmed  
intense anger  
etc...

### **Cognitive**

confusion  
poor attention  
poor decision  
heightened or lowered alertness  
poor concentration memory  
problems hyper vigilance  
difficulty identifying familiar objects or people  
rapid heart rate  
increased or decreased awareness surroundings  
poor problem solving  
poor abstract thinking  
loss of time, place or person, orientation  
disturbed thinking, nightmares, intrusive images  
etc...

### **Behavioral**

change in society  
change in speech patterns  
loss or increase of appetite  
withdrawal  
emotional outbursts  
suspiciousness  
change in usual communication skills  
pacing  
startle reflex  
hyper alert to environment  
alcohol consumption  
inability to rest  
antisocial acts  
nonspecific bodily complaints  
erratic movements  
change in sexual functioning

**\*definite indication of the need for medical evaluation**