REATIONS TO EXPECT FOLLOWING A CRITICAL INCIDENT
Washington State Employee Assistance Program
Olympia (360) 753-3260  ■  Seattle (206) 281-6315  ■  Spokane (509) 482-3686

Immediate Physical Reactions
Confusion
Crying
Fatigue
Nausea
Muscle tremors
Shock symptoms (weak pulse, glassy eyes)
Sweating
Chills
Dizziness
Stomach ache
Chest pain
Difficulty breathing
Blurred vision
Headaches, vomiting, diarrhea
Cardiac arrest

Delayed Reactions
Fear
Chronic fatigue
Sleep disturbances
Anxiety
Depression
Moodiness
Difficulties concentrating
Increased substance abuse
Suspiciousness
Apathy
Work performance suffers
Frustration
Flashbacks
Anger
Memory problems
Intrusive thoughts
Isolation
Suicidal ideation/attempt
Homicidal ideation/attempt
Emotional detachment
Intolerance of others
Cynicism
Relationship problems
Denial
Resistance to change
Intellectualization
Abuse of sick leave
Guilt
Self-medication
Isolation
Unacceptable behavior

Immediate Mental Reactions
Memory
Decreased decision-making ability
Decreased problem-solving ability
Concentration problems
Limited attention span
Calculation problems
Confusion
Disorientation
Amnesia