

# 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 /exhaustion  
nausea / vomiting  
muscle tremors/twitches  
fainting  
chest pain/difficulty breathing\*  
sleep disturbances  
elevated BP/heart rate  
headaches  
thirst  
visual difficulties  
grinding of teeth  
weakness /dizziness  
profuse sweating/chills

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

### **Cognitive**

confusion  
poor attention span  
inability to make decisions  
heightened or lowered alertness  
poor concentration / memory problems  
hyper-vigilance  
difficulty identifying familiar objects or people  
flashbacks  
increased/decreased awareness of surroundings  
poor problem solving  
poor abstract thinking  
disorientation  
disturbed thinking, nightmares, intrusive images

### **Emotional**

anxiety  
guilt  
grief  
denial  
feelings of panic  
emotional shock  
fear  
uncertainty  
loss of emotional control  
depression  
inappropriate emotional response  
agitation  
apprehension  
feeling overwhelmed  
intense anger  
hypersensitivity

### **Behavioral**

change in societal perception  
change in speech patterns  
loss or increase of appetite  
withdrawal  
emotional outbursts  
suspiciousness  
change in usual communication skills  
pacing / inability to rest  
startle reflex  
alcohol consumption  
hyper alert to environment  
change in sexual behavior  
inability to rest  
antisocial acts

### **Spiritual**

anger at God / Allah / higher power  
loss of religious or spiritual faith  
relying heavily on faith for answers  
questioning own ability to forgive or be forgiven  
change in sense of self, own abilities