



SOUTHERN REGIONAL
Children's Advocacy Center



Possible Reactions to a Critical Event

Over the next month, pay attention to your well-being. Here are ways some people experience distress after a critical event:

- Unwanted thoughts or images
- Avoidance and withdrawal reactions
- Physical arousal reactions
- Trauma reminders
- Loss reminders (i.e., places, people, sounds, or smells that activate a memory of the event or of loved ones you have lost)
- Grief reactions
- Depression
- Physical reactions
- Sleep problems
- Changes in the way you think or feel