

## STRESS REACTIONS IN ADULTS

<b>STRESS REACTIONS IN ADULTS: FEELINGS</b>	
Rage, anger, irritability	Guilty
Resentment	Sad
Anxiety, fear	Helpless, loss of control
Despair, hopelessness	Uninterested
Numb	Overwhelmed
Terrified	
<b>STRESS REACTIONS IN ADULTS: THOUGHTS</b>	
Difficulty concentrating and thinking	Self blame
Difficulty making decisions	Intrusive thoughts, memories/flashbacks
Forgetful	Worry
Confused	A sense of being cut off from reality
Distortion of sense of time	Self-harm
Lowered self-esteem	
<b>STRESS REACTIONS IN ADULTS: PHYSICAL EFFECTS</b>	
Fatigue, difficulty sleeping	Easily startled
Agitation	Lightheaded
Physical complaints, (e.g., headaches, stomach problems)	Weak
Decreased or increased appetite	Increased cravings for and use of caffeine, nicotine, sweets, alcohol,
Decreased or increased sex drive	illicit substances
<b>STRESS REACTIONS IN ADULTS: BEHAVIORS</b>	
Crying spells	Risky behaviors (driving erratically, multiple sexual partners, unsafe sex
Angry outbursts	
Avoiding people, places and situations	Inattention to appearance, personal hygiene, self-care
Argumentative	
School and work problems	
<b>STRESS REACTIONS IN ADULTS: SPIRITUAL</b>	
Change in relationship with or belief about God/Higher Power	Struggle with questions about the meaning of life, justice, fairness, afterlife
Abandonment of prayer, ritual, scripture, devotions, sacraments	Loss of familiar spiritual supports
Questioning the beliefs of their faith	Loss of faith
Rejection of spiritual care providers	