

Common Reactions to Stress or Trauma

There are many different ways that young people react to stressful life events. The examples below are common reactions to trauma. Please note, however, that not everyone reacts the same way, and your child may have different reactions.

Nightmares or trouble sleeping.

Thinking about the trauma all the time.

Avoiding people, places, or things that remind them of the trauma.

Feeling "crazy", overly moody, or out of control.

Not being able to remember parts of what happened.

Having trouble concentrating at school or at home.

Being on guard constantly; feeling like something bad is about to happen.

Feeling anger, shame, guilt, sadness, grief/loss, or feeling bad about yourself.

Physical health problems, such as headaches & stomachaches.