

SIGNS & SYMPTOMS OF TRAUMA

PHYSICAL SYMPTOMS

Headaches
Stomach Problems
Tightness in the Chest
Shortness of Breathe
Trouble Sleeping
Changes in sleeping and eating patterns



EMOTIONAL SYMPTOMS



Numbness
Anger
Anxiety
Helplessness
Uncontrollable Crying
Shock
Sadness

COGNITIVE & PSYCHOLOGICAL SYMPTOMS

Disbelief
Confusion
Poor Memory
Inability to concentrate
Difficulties Problem Solving



BEHAVIORAL SYMPTOMS



Night terrors
Lack of interest in previously-enjoyable activities
Isolation
Avoidance
Aggressive Behavior
Being easily startled or frightened

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