

Typical Reactions to Trauma

It's very common, in fact quite normal, for people to have strong emotional or physical reactions after a traumatic event. While immediate trauma reactions surface quickly and are readily detectable, long-term reactions surface gradually and may be harder to identify.

Below are some of the common signs and signals of a trauma reaction. These are normal experiences we all feel, but pay attention when they occur more frequently or are stronger than usual. If they begin to interfere with your academic or personal life, please seek help.

- Shock or Numbness
- Anger or Irritability
- Sadness
- Confusion
- Terror
- Shame
- Suspiciousness or Paranoia
- Problems with concentration
- Anxiety
- Isolation from social support
- Emotional outbursts
- Disruptions in sleep and appetite
- Flashbacks or Nightmares
- Startle responses or Hypervigilance
- Physical symptoms (e.g., headaches, elevated heart rate, weakness)