Reactions to expect following a critical incident

**Immediate Physical Reactions**
- Confusion
- Crying
- Fatigue
- Nausea
- Muscle tremors
- Shock symptoms (weak pulse, glassy eyes)
- Sweating
- Chills
- Dizziness
- Stomach ache
- Chest pain
- Difficulty breathing
- Blurred vision
- Headaches, vomiting, diarrhea
- Cardiac arrest

**Delayed Reactions**
- Fear
- Chronic fatigue
- Sleep disturbances
- Anxiety
- Depression
- Moodiness
- Difficulties concentrating
- Increased substance abuse
- Suspiciousness
- Apathy
- Deterioration in work performance
- Frustration
- Flashbacks
- Anger
- Self-medication
- Memory problems
  - Intrusive thoughts
  - Isolation
  - Suicidal ideation and/or attempts
  - Homicidal ideation and/or attempts
  - Emotional detachment
  - Intolerance of others (management especially)
  - Cynicism
  - Relationship problems
  - Denial
  - Resistance to change
  - Black humor
  - Intellectualization
  - Abuse of sick leave
  - Guilt
  - Unacceptable behavior

**Immediate Mental Reactions**
- Memory loss
- Decreased decision making ability
- Decreased problem solving capability
- Concentration problems
- Limited attention span
- Calculation problems
- Confusion
- Disorientation
- Amnesia