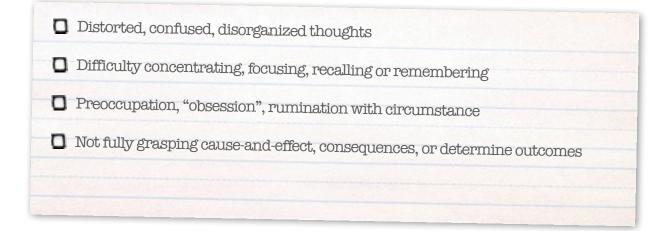
Crisis Support Solutions, LLC QUICK GUIDE: CRISIS REACTIONS

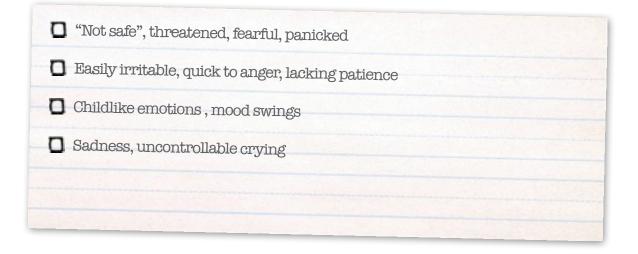


"Crisis" is an overwhelmed state-of-being following an unexpected and powerful event. Given this state, various reactions are expected to follow. These reactions will impact and affect the way one thinks, feels, behaves, believes, and the physical body. The following "index cards" reflect common and expected reactions that many experience following a critical incident.

THINKING



FEELING



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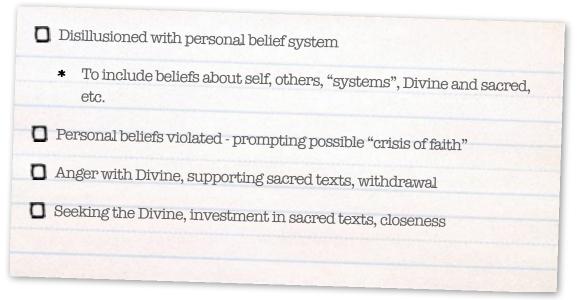
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BEHAVING

Disruption with sleeping, eating, regular routine
Withdrawal, isolation, wanting to be left alone ... or ...
"Herding" - gathering - with family, friends or others involved
Impulsive, seeking "adrenalin-rush", some risk-taking behaviors
Diminished personal hygiene, disinterest in usually enjoyable things

BELIEVING



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BODY

Disruption with digestive system, immune system & others
Muscle aches, headaches
Heaviness in chest, trouble "catching breath", elevated blood pressure
Fatigue, weak, tired
Trouble getting to sleep and/or staying asleep
* Recommended seeking professional medical assistance

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For training options - or to consult with a Crisis Support Solutions team member - please email guide@crisissupportsolutions.com.