

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.