

# What to Expect

## During the Crisis, Things that Can Happen:

- Tunnel vision
- Auditory distortions
- Time distortions
- Release of excrement
- Inability to process all the information
- Increased heart rate, blood pressure, respiratory rate
- Blood shunting

Everyone's experience will vary depending on the situation and the brain's interpretation of it.



## Up to 16 Hours After an Event:

High alert and energy until the adrenaline dump happens, then:

- Nausea
- Dizziness
- Shakiness
- Fatigue



## Up to 72 Hours After an Event:

- Fatigue
- A Change in appetite
- Change in sleep
- Desire to withdraw or a neediness to not be alone
- Hypervigilance
- Difficulty concentrating
- Intrusive thoughts
- Difficulty making decisions
- Preoccupation with the event
- A sense that things aren't real
- Fear, panic, or feeling unsafe
- Guilt
- Anger or irritability
- Helplessness or meaninglessness
- Moodiness, Crying, Depression
- Anxiety
- Inability to process all the information
- Headache, muscle tension,
- Inability to relax physically or mentally



After 72 hours, the symptoms should start to decrease, normal function and reactions should start to gradually resume. If someone continues to have hypervigilance, high degrees of anxiety, a continued sense that things aren't real or feeling like they are living outside their body, they may be having a greater stress reaction. They can try some of the following techniques, talk to someone on their peer support team, or get early intervention EMDR.

Techniques: 4/6 belly breathing, journaling, containment, spending time in nature, staying on a schedule, and working out. The techniques won't fix the reaction, but they can help it feel more manageable. If the symptoms persist after 2-4 weeks, please seek out an EMDR clinician.