

STRESS REACTIONS IN CHILDREN

STRESS REACTIONS IN CHILDREN: FEELINGS	
Fear, terrified	Rage, anger, irritability, helpless
Anxious	Loss of interest
Sad	Changing mood
Guilty	
STRESS REACTIONS IN CHILDREN: THINKING	
Difficulty concentrating and thinking	Self-blame
Difficulty making decisions	Intrusive thoughts, memories,
Forgetful	flashbacks
Confused	Worry
Distortion of sense of time	A sense of being cut off from reality
Lowered self-esteem	Self-harm
STRESS REACTIONS IN CHILDREN: PHYSICAL	
Fatigue, difficulty sleeping	Decreased or increased appetite
Agitation	Easily startled
Increased activity level/hyperactive	Bed wetting
Physical complaints, (e.g., headaches, stomach problems)	
STRESS REACTIONS IN CHILDREN: BEHAVIORS	
Crying, whining, screaming	Refusal to attend school or day care
Trembling	Difficulty getting along with siblings and parents
Clinging to parents and caregivers	
Aggressive or disruptive behavior, temper tantrums	Using drugs and alcohol
Withdrawn	Re-living events through play (young children)
Avoiding people, places, situations	Asking a lot of questions or telling stories related to the event
Regressive behaviors (thumb sucking, bedwetting, not wanting to sleep alone)	Argumentative, defiant

Remember that:

- ◆ Stress reactions in children can vary by child and age.
- ◆ Children are particularly sensitive to:
 - Separation from familiar surroundings, people, and possessions
 - Disruption of routines