

Know the Warning Signs of Stress

Courtesy of Mississippi-Alabama Sea Grant Consortium

The signs and symptoms of stress from Hurricane Katrina may last from a few days or weeks to a few months or even years. With support and understanding from family and friends, this stress can be healed more quickly.

Look for these common signs of stress:

- Muscle tremors or twitches
- Cold and flu-like symptoms such as headache, nausea or vomiting, fatigue
- Neck and back pains
- Rapid heart beat or elevated BP
- Poor concentration, memory problems and poor problem solving skills
- Anxiety, guilt, denial and fear
- Depression and grief
- Irritability, agitation or antisocial acts
- Increased alcohol, drugs, or smoking
- Nightmares or trouble sleeping
- Uncertainty and feeling overwhelmed
- Isolation or change in communication

Seek Immediate Medical Attention for these Signs:

- Chest pain
- Difficulty breathing
- Dizziness or fainting

Professional assistance from a counselor, pastor or clergy may be necessary to help you on your road after this traumatic time dealing with Hurricane Katrina. This does NOT imply craziness or weakness. The effects of this Hurricane are too much for anyone to try to deal with alone.