



Signs & Symptoms of Vicarious Trauma

Please be aware of these signs and symptoms in exposed individuals:

Physical	Intellectual/Cognitive	Emotional	Behavioral	Spiritual
Fatigue	Decision Making Problems	Excessive emotion	Numbing	Blaming/feeling abandoned by God
Digestive Problems	Loss of concentration	Mood swings	Shutting down	Difficulty praying/obsessing on fate
Headaches	Confusion	Increased irritability	Risk-taking	Extreme religiosity
Sleeping Difficulties	Forgetfulness	Anger	Drinking	A change in views of God, your life or your world
Eating Habits-weight	Low Productivity	Sadness	Substance abuse	
High Blood Pressure	Negative attitude	Fear and worry	Driving fast-angry	
Loss/Decrease Libido	Loss of sense of humor	Loneliness-Isolation	Extramarital affairs	
		Crying spells		

These Signs and Symptoms are **Normal** if they are:

- 1) Occasional (non-persistent)
- 2) Non-intrusive

These Signs and Symptoms are a **Warning** if they are:

- 1) Persistent
- 2) Mildly intrusive

These Signs and Symptoms are **Trouble Indicators** if they are:

- 1) Persistent
- 2) Intrusive

SHIFT: Supporting Heroes In mental health Foundational Training



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