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## **Police Spiritual Welfare Info-Journal :**

### **Stress Reactions**

Anyone being sensitive to his own and other stress reactions, may soon provide qualified assistance and counteract to possible chronification or aggravation. No-one, who notices one or more of those stress reactions, should fear to be already "sick". These reactions can be normal reactions to abnormal loads, and in so far something like a "sore muscles of person". Stress reactions are individually different and must be individually adapted. Whether there is a stress reaction essentially depends on your personal assessment of the situation concerned - and on existing structural and personal strategies to cope with stress.

### **Examples of possible acute stress reactions**

#### **Physical:**

Extreme sweating, muscle tremors, shrug movements (uncontrolled movements of limbs), change of facial color or tone of voice, high alert, with possibly extreme increase in heart rate and respiratory rate, nausea, stomach pain, general psycho-somatic symptoms, language problems, headaches, sleep disturbances, exhaustion

#### **Emotional:**

Pity, sadness, aggression, anxiety, fear of the future and / or comparable operations, feelings of guilt (e.g. - for whatever reason - failed operations), general feeling of insecurity or overtaxing

#### **Cognitive:**

Abrupt mental confrontation with a limited amount to do something, vulnerability, mortality; oppressive and mentally overflowing search for fault and cause in the context of highly stressful events, reduced decision-making ability and memory, reduced ability for intellectual comprehension, "switching-off" rational brain-controlling resulting in a dangerous neglect of self and external protection

#### **Behavioral:**

Regression to childlike and passive behavior, restless overactivity, or retreat into inactivity, excessive hardship to oneself or to others, excessive sensitivity, generally diminished ability to take stress, unhealthy consumption of drugs, alcohol, nicotine

**If these reactions continue or accumulate and / or do not diminish, qualified advice is absolutely required.**