

some people, the reactions may not come up at all. Stress responses are unique to each person

As you experience a distressing event or receive traumatic news, it's typical to feel shock and/or denial in the first 24 hours:

- x Shock and denial are responses to sudden distressing events, especially shortly after the event. Both shock and denial are normal protective reactions.
- x Shock is a sudden and often intense disturbance of your emotional state that may leave you feeling stunned or dazed.
- x Denial involves not acknowledging that something very stressful has happened, or not experiencing fully the intensity of the event. You may temporarily feel numb or disconnected from life.

As the initial shock subsides (24 to 72 hours), reactions vary from one person to another. The following, however, are normal responses to a distressing or traumatic event:

- x Feelings become intense and sometimes are unpredictable. You may become more irritable than usual, and your

