



Signs and Symptoms of Stress

Physical	
<ul style="list-style-type: none">• Gastric Disturbance• Cardiac Disorders• Fatigue/Exhaustion• Muscle Aches• Vision Problems	<ul style="list-style-type: none">• Sleep Disturbance• Frequent Headaches• Hypertension• Sleeplessness
Cognitive	
<ul style="list-style-type: none">• Confusion• Poor Decision Making• Disorientation	<ul style="list-style-type: none">• Memory Problems• Distressing Dreams
Emotional	
<ul style="list-style-type: none">• Fear• Anxiety• Guilt• Depression	<ul style="list-style-type: none">• Anger• Apathy• Denial• Relationship or Marital Problems
Behavioral	
<ul style="list-style-type: none">• Altered eating habits• Angry outbursts• Withdrawal• Boredom	<ul style="list-style-type: none">• Increased smoking/alcohol use• Excessive humor• Excessive silence

If you're feeling symptoms of stress please talk to Max, Todd, Dave, Ginger or any member of the patrol, or any person in your life. Please talk to someone about your feelings and let us help. And like always you can request a critical incident stress debriefing at any time for any incident.

Brighton Ski patrol is starting a peer support program this season we will be sending out more information about this program very soon.