

## STRESS WARNING SIGNALS

Here is a list of some, but not all, possible reactions to stress. Check all of the symptoms you experience when you feel stressed. Notice that symptoms of stress can affect us physically, behaviorally, emotionally, and cognitively. You can learn to recognize these symptoms or signals in yourself before stress gets too far out of hand. When you recognize your unique signals, that is the time to take action... ideas for which are coming up!

### Physical Symptoms

- |   |  |
|---|--|
| <input type="checkbox"/> Headaches        | <input type="checkbox"/> Back pain             |
| <input type="checkbox"/> Indigestion      | <input type="checkbox"/> Tight neck, shoulders |
| <input type="checkbox"/> Stomach aches    | <input type="checkbox"/> Racing heart          |
| <input type="checkbox"/> Sweaty palms     | <input type="checkbox"/> Shallow breathing     |
| <input type="checkbox"/> Cold hands, feet | <input type="checkbox"/> Restlessness          |
| <input type="checkbox"/> Dizziness        | <input type="checkbox"/> Ringing in the ears   |
| <input type="checkbox"/> Easily fatigued  | <input type="checkbox"/> Constipation          |
| <input type="checkbox"/> Muscle tension   | <input type="checkbox"/> Diarrhea              |

### Behavioral Symptoms

- |  |  |
|--|--|
| <input type="checkbox"/> Excess smoking                  | <input type="checkbox"/> Driving too fast          |
| <input type="checkbox"/> Bossiness                       | <input type="checkbox"/> Grinding of teeth         |
| <input type="checkbox"/> Eating too little or too much   | <input type="checkbox"/> Overuse of alcohol        |
| <input type="checkbox"/> Critical attitude of others     | <input type="checkbox"/> Inability to finish tasks |
| <input type="checkbox"/> Short-tempered                  | <input type="checkbox"/> Nail biting               |
| <input type="checkbox"/> Procrastination                 | <input type="checkbox"/> Fidgety                   |
| <input type="checkbox"/> Sleeping too much or too little |  |

### Emotional Symptoms

- |   |  |
|---|--|
| <input type="checkbox"/> Bothered by unimportant things | <input type="checkbox"/> Crying easily           |
| <input type="checkbox"/> Nervousness, anxiety           | <input type="checkbox"/> Overwhelming pressure   |
| <input type="checkbox"/> Boredom                        | <input type="checkbox"/> Anger                   |
| <input type="checkbox"/> Edginess                       | <input type="checkbox"/> Loneliness              |
| <input type="checkbox"/> Irritable                      | <input type="checkbox"/> Unhappiness, depression |
| <input type="checkbox"/> Feeling "burned out"           | <input type="checkbox"/> "Moodiness"             |
| <input type="checkbox"/> Feeling powerless              | <input type="checkbox"/> Feeling helpless        |

### Cognitive Symptoms

- |   |  |
|---|--|
| <input type="checkbox"/> Trouble thinking clearly             | <input type="checkbox"/> Inability to make decisions |
| <input type="checkbox"/> Difficulty with concentration, focus | <input type="checkbox"/> Constant worry              |
| <input type="checkbox"/> Forgetfulness                        | <input type="checkbox"/> Loss of humor               |
| <input type="checkbox"/> Lack of creativity                   | <input type="checkbox"/> being self-critical         |
| <input type="checkbox"/> expecting too much from others       | <input type="checkbox"/> Being pessimistic           |

*Remember that these symptoms could be the result of causes other than stress. It is recommended that you visit with a physician to rule out any medical conditions.*