

Stress Warning Signals

Physical Symptoms

- Headaches
- Indigestion
- Stomach aches
- Sweaty palms
- Sleep difficulties
- Dizziness
- Back pain
- Tight neck, tight shoulders
- Racing heart
- Tiredness
- Ringing in ears

Behavioral Symptoms

- Excess smoking
- Bossiness
- Compulsive gum-chewing
- Attitude critical of others
- Grinding of teeth at night
- Overuse of alcohol
- Compulsive eating
- Inability to get things done

Emotional Symptoms

- Crying
- Nervousness, anxiety
- Boredom/no meaning to things
- Edginess/ready to explode
- Feeling powerless to change things
- Overwhelming sense of pressure
- Anger
- Loneliness
- Unexplained unhappiness
- Easily upset

Cognitive Symptoms

- Trouble thinking clearly
- Forgetfulness
- Lack of creativity
- Memory loss
- Inability to make decisions
- Thoughts of running away
- Constant worry
- Loss of sense of humor

Spiritual Symptoms

- Emptiness
- Loss of meaning
- Doubt
- Inability to forgive
- Martyrdom
- Looking for magic
- Loss of direction
- Cynicism
- Apathy
- Needing to "prove" self

Relational Symptoms

- Isolation
- Intolerance
- Resentment
- Loneliness
- Lashing out
- Hiding
- Clamming up
- Lowered sex drive
- Nagging
- Distrust
- Lack of intimacy
- Using people
- Fewer contacts with friends