## POTENTIAL WARNING SIGNALS OF STRESS

(Check all that apply)

### Physical
- Headaches
- Indigestion
- Stomachaches
- Sweaty palms
- Sleep difficulties
- Back pain
- Tight neck, shoulders
- Racing heart
- Restlessness
- Tiredness
- Ringing in the ears

### Behavioral
- Increased nicotine use
- Bossiness
- Compulsive behavior
- Critical attitude of others
- Grinding of teeth at night
- Overuse of alcohol
- Overeating
- Inability to get things done

### Emotional
- Crying
- Nervousness, anxiety
- Boredom- no meaning to things
- Edginess- ready to explode
- Feeling powerless to change things
- Overwhelming sense of pressure
- Anger
- Loneliness
- Unhappiness for no reason
- Easily upset

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

### Spiritual
- Emptiness
- Loss of meaning
- Doubt
- Unforgiving
- Martyrdom
- Looking for magic
- Loss of direction
- Cynicism
- Apathy
- Needing to “prove” self

### Relational
- Isolation
- Intolerance
- Resentment
- Loneliness
- Lashing out
- Hiding
- Clammering up
- Lowered sex drive
- Nagging
- Distrust
- Lack of intimacy
- Using people
- Fewer contacts with friend