

POTENTIAL WARNING SIGNALS OF STRESS

(Check all that apply)

Physical

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Sleep difficulties | <input type="checkbox"/> Racing heart |
| <input type="checkbox"/> Indigestion | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Restlessness |
| <input type="checkbox"/> Stomachaches | <input type="checkbox"/> Back pain | <input type="checkbox"/> Tiredness |
| <input type="checkbox"/> Sweaty palms | <input type="checkbox"/> Tight neck, shoulders | <input type="checkbox"/> Ringing in the ears |

Behavioral

- | | | |
|---|--|---|
| <input type="checkbox"/> Increased nicotine use | <input type="checkbox"/> Critical attitude of others | <input type="checkbox"/> Overeating |
| <input type="checkbox"/> Bossiness | <input type="checkbox"/> Grinding of teeth at night | <input type="checkbox"/> Inability to get things done |
| <input type="checkbox"/> Compulsive behavior | <input type="checkbox"/> Overuse of alcohol | |

Emotional

- | | |
|---|---|
| <input type="checkbox"/> Crying | <input type="checkbox"/> Overwhelming sense of pressure |
| <input type="checkbox"/> Nervousness, anxiety | <input type="checkbox"/> Anger |
| <input type="checkbox"/> Boredom- no meaning to things | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Edginess- ready to explode | <input type="checkbox"/> Unhappiness for no reason |
| <input type="checkbox"/> Feeling powerless to change things | <input type="checkbox"/> Easily upset |

Cognitive

- | | |
|---|--|
| <input type="checkbox"/> Trouble thinking clearly / concentrating | <input type="checkbox"/> Inability to make decisions |
| <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> Thoughts of running away |
| <input type="checkbox"/> Lack of creativity | <input type="checkbox"/> Constant worry |
| <input type="checkbox"/> Memory loss | <input type="checkbox"/> 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
- Clamming up
- Lowered sex drive
- Nagging
- Distrust
- Lack of intimacy
- Using people
- Fewer contacts with friend

