Stress Warning Signals

**Physical Symptoms**
- Headaches
- Indigestion
- Stomachaches
- Sweaty palms
- Sleep difficulties
- Dizziness
- Back pain
- Tight neck, shoulders
- Racing heart
- Restlessness
- 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
- Boredom—no meaning to things
- Edginess—ready to explode
- Feeling powerless to change things
- Overwhelming sense of nervousness, anxiety pressure
- Anger
- Loneliness
- Unhappiness for no reason
- Easily upset

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

**Spiritual Symptoms**
- Emptiness
- Loss of meaning
- Doubt
- Unforgiving
- 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