

Stress Warning Signals

Physical Symptoms

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

Behavioral Symptoms

- | | |
|--|---|
| <input type="checkbox"/> Excess smoking | <input type="checkbox"/> Grinding of teeth at night |
| <input type="checkbox"/> Bossiness | <input type="checkbox"/> Overuse of alcohol |
| <input type="checkbox"/> Compulsive gum chewing | <input type="checkbox"/> Compulsive eating |
| <input type="checkbox"/> Attitude critical of others | <input type="checkbox"/> Inability to get things done |

Emotional Symptoms

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

Cognitive Symptoms

- | | |
|---|--|
| <input type="checkbox"/> Trouble thinking clearly | <input type="checkbox"/> Inability to make decisions |
| <input type="checkbox"/> Lack of creativity | <input type="checkbox"/> Thoughts of running away |
| <input type="checkbox"/> Memory loss | <input type="checkbox"/> Constant worry |
| <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> 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