Take A Look At This

Take a look at the warning signs of stress listed below. Check EACH of

the warning signs that apply to you. When you are finished checking

your warning signs, discuss your list with someone you c an trust. Are

there any similarities? How much stress do you think you are currently

under? Discuss ways that you can eliminate some of the stress that could

start to cause you physical or emotional or behavioral difficulties.

Physical Emotional Behavioral

\_\_\_\_ headaches \_\_\_\_ mood changes \_\_\_\_ smoking

\_\_\_\_ stomach aches \_\_\_\_ lack of concentration \_\_\_\_ nail biting

\_\_\_\_ dizziness \_\_\_\_ nightmares \_\_\_\_ tapping

\_\_\_\_ back pain \_\_\_\_ panic attacks \_\_\_\_ pulling hair

\_\_\_\_ neck stiffness \_\_\_\_ anxiety \_\_\_\_ grinding teeth

\_\_\_\_ ulcer sores on mouth \_\_\_\_ anger \_\_\_\_ alcohol use

\_\_\_\_ jaw pains \_\_\_\_ irritability \_\_\_\_ medication use

\_\_\_\_ weight loss \_\_\_\_ crying \_\_\_\_ compulsive dieting

\_\_\_\_ weight gain \_\_\_\_ thoughts of suicide \_\_\_\_ hair chewing

\_\_\_\_ twitches (eyelids, face) \_\_\_\_ depression \_\_\_\_ nervous laughter

\_\_\_\_ weakness \_\_\_\_ confusion \_\_\_\_ pacing

\_\_\_\_ nausea \_\_\_\_ feelings of helplessness \_\_\_\_ lateness

\_\_\_\_ indigestion \_\_\_\_ restlessness \_\_\_\_ putting things off

\_\_\_\_ excessive sleeping \_\_\_\_ racing thoughts \_\_\_\_ not caring about

\_\_\_\_ overeating \_\_\_\_ aggressiveness physical appearance

\_\_\_\_ loss of appetite \_\_\_\_ compulsive

\_\_\_\_ inability to sleep overeating

\_\_\_\_ skin problems

\_\_\_\_ constant fatigue

\_\_\_\_ cold hands or feet

\_\_\_\_ excessive sweating

\_\_\_\_ chest pains

\_\_\_\_ high blood pressure

\_\_\_\_ rapid or difficult breathing