**Worksheet: Stress Signs**

People can experience stress in a variety of ways. Please review the list below and check signs of stress that apply to you.

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| **Stress Signs**  **Physical (Body) Symptoms** | |
| * Headaches * Indigestion * Stomach aches * Sweaty palms * Sleep difficulties * Dizziness | * Back pain * Tight neck, shoulders * Racing heart * Restlessness * Tiredness * Ringing in ears |
| **Behavioral (All 4 Domains) Symptoms** | |
| * Excess smoking * Compulsive gum chewing * Attitude critical of others * Bossiness | * Grinding of teeth at night * Overuse of alcohol * Compulsive eating * Inability to get things done |
| **Emotional (Mind) Symptoms** | |
| * Crying * Nervousness, anxiety * Boredom-no meaning to things * Loneliness * Easily upset | * Overwhelming sense of pressure * Anger * Edginess (i.e., ready to explode) * Unhappiness for no reason * Feeling powerless to change things |
| **Cognitive (Mind) Symptoms** | |
| * Trouble thinking clearly * Lack of creativity * Memory loss * Loss of sense of humor * Looking for magic (i.e., quick fixes) | * Loss of direction * Cynicism * Apathy * Needing to “prove” self |
| **Spiritual (Spirit) Symptoms** | |
| * Emptiness * Loss of meaning * Doubt * Unforgiving * Martyrdom | * Looking for magic * Loss of direction * Cynicism * Apathy * Needing to “prove” self |
| **Relational (Social) Symptoms** | |
| * Isolation * Intolerance * Resentment * Loneliness * Lashing out * Hiding * Clamming up | * Lowered sex drive * Nagging * Distrust * Lack of intimacy * Using people * Fewer contacts with friends |