

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

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|--------------------------|-----------------------------|--------------------------|------------------------------|
| <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

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|--------------------------|------------------------------------|--------------------------|---|
| <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