

SYMPTOMS OF STRESS

An important aspect of effective stress management is the ability to identify one's own reactions to stress. How one person reacts to stress in may be totally different from someone else. Listed below are common stress reactions

PHYSICAL	BEHAVIORAL	EMOTIONAL
<input type="checkbox"/> Tight muscles	<input type="checkbox"/> Impatient with delays or interruptions	<input type="checkbox"/> Nervousness
<input type="checkbox"/> Aching muscles	<input type="checkbox"/> Irritated at having to wait	<input type="checkbox"/> Angry
<input type="checkbox"/> Back Pain	<input type="checkbox"/> Detest wasting time	<input type="checkbox"/> Confused
<input type="checkbox"/> Headaches	<input type="checkbox"/> Unlikely to ask for help	<input type="checkbox"/> Fearful
<input type="checkbox"/> Clenching/grinding teeth	<input type="checkbox"/> Constantly strive to achieve more	<input type="checkbox"/> Lack of energy
<input type="checkbox"/> Heartburn	<input type="checkbox"/> Constantly seek the respect of others	<input type="checkbox"/> Depressed
<input type="checkbox"/> Stomach pain	<input type="checkbox"/> Competitive	<input type="checkbox"/> Hopeless
<input type="checkbox"/> Nausea	<input type="checkbox"/> Overly critical of others	<input type="checkbox"/> Frustrated
<input type="checkbox"/> Frequent urination	<input type="checkbox"/> Impatient when others act slowly	<input type="checkbox"/> Worrying
<input type="checkbox"/> Diarrhea or constipation	<input type="checkbox"/> Unable to stay still	<input type="checkbox"/> Easily excited
<input type="checkbox"/> Overeating or loss of appetite	<input type="checkbox"/> Accident prone	<input type="checkbox"/> Cry easily
<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Take on too many responsibilities	<input type="checkbox"/> Trouble concentrating
<input type="checkbox"/> Gain or loss of weight	<input type="checkbox"/> Walk fast	<input type="checkbox"/> Memory loss
<input type="checkbox"/> Frequent colds or flu	<input type="checkbox"/> Feel victimized	<input type="checkbox"/> Repetitive thoughts
<input type="checkbox"/> Allergies	<input type="checkbox"/> Constantly put things off	<input type="checkbox"/> Easily irritated
<input type="checkbox"/> Breathing problems	<input type="checkbox"/> Pace the floor	<input type="checkbox"/> Anxiety
<input type="checkbox"/> Skin rashes	<input type="checkbox"/> Chronically late	<input type="checkbox"/> Panicky
<input type="checkbox"/> Heart palpitations	<input type="checkbox"/> Drinking and/or drug use	<input type="checkbox"/> Disoriented
<input type="checkbox"/> Tics or twitches	<input type="checkbox"/> Smoking	<input type="checkbox"/> Indecisive
<input type="checkbox"/> Swollen joints	<input type="checkbox"/> Nail-biting	<input type="checkbox"/> Feeling of losing control
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Over-sensitivity	<input type="checkbox"/> Resentful
<input type="checkbox"/> Menstrual problems	<input type="checkbox"/> Loss of pleasure	<input type="checkbox"/> Moody
<input type="checkbox"/> Sleeping problems	<input type="checkbox"/> Loss of sexual interest	<input type="checkbox"/> Frantic
<input type="checkbox"/> Nightmares	<input type="checkbox"/> Withdraw from other people	<input type="checkbox"/> Overwhelmed
<input type="checkbox"/> Stress related illness	<input type="checkbox"/> Self-critical	<input type="checkbox"/> Restless
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:	<input type="checkbox"/> Other:
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:	<input type="checkbox"/> Other:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

