

Stress Warning Signals Checklist

The items below are signs and symptoms of stress. Please read through each category and check all of the ones you experience when you are under stress. These are your personal stress warning signals.

Physical Symptoms:

- Headaches
- Indigestion
- Stomachaches
- Sweaty palms
- Sleep difficulties
- Dizziness
- Backache
- Tight neck, shoulders
- Racing heart
- Restlessness
- Tiredness
- Ringing in ears

Behavioral Symptoms:

- Excess smoking Bossiness
- Compulsive gum chewing
- Attitude critical of others
- Grinding of teeth at night
- Overuse of alcohol
- Compulsive eating
- Inability to get things done

Emotional Symptoms:

- Crying
- Boredom-no meaning to things
- Edginess-ready to explode
- Feeling powerless to change things
- Anger
- Loneliness
- Unhappiness for no reason
- Easily upset

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Cognitive Symptoms:

- Trouble thinking clearly
- Forgetfulness
- Lack of creativity
- Memory loss
- Inability to make decisions
- Constant worry
- Loss of sense of humor

Spiritual Symptoms:

- Emptiness
- Doubt
- Martyrdom
- Loss of direction
- Apathy
- Loss of meaning
- Unforgiving
- Looking for magic
- Cynicism
- Needing to "prove" self

Relational Symptoms:

- Isolation
- Resentment
- Lashing out
- Loss of direction
- Lowered sex drive
- Distrust
- Using people
- Intolerance
- Loneliness
- Hiding
- Clamming up
- Nagging
- Lack of intimacy
- Fewer contacts with friends

If you checked five or fewer, you are coping fairly well. If you checked 6-10, stress may be interfering with your health and quality of life. If you checked more than 10 and you want to avoid health problems in the future, you need to identify some ways to manage your stress and build relaxation practices into your life.

*Breathing and relaxation techniques
along with meditation is a good place to start.*