



Identifying Stress Warning Signals

Self-regulation is a key target for successful change. Learn to recognize your own personal stress warning signals whether physical, behavioral, or otherwise.



PHYSICAL

- Headaches
- Back pain
- Indigestion
- Tight neck, shoulders
- Stomachaches
- Racing Heart
- Sweaty palms
- Restlessness
- Sleep difficulties
- Tiredness
- Dizziness
- Ringing in ears



BEHAVIORAL

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



SPIRITUAL

- Emptiness
- Loss of meaning
- Doubt
- Unforgiving
- Cynicism
- Apathy
- Martyrdom
- Loss of Direction



COGNITIVE

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



EMOTIONAL

- Crying
- Overwhelming pressure
- Nervousness, anxiety
- Anger
- Boredom - no meaning to things
- Loneliness
- Edginess - ready to explode
- Unhappiness
- Feeling powerless to change things
- Easily upset



RELATIONAL

- Isolation
- Intolerance
- Resentment
- Loneliness
- Lashing out
- Hiding
- Clamming up
- Lowered Sex Drive
- Nagging
- Distrust