## Early Warning Signs of Stress

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# Emotional Signs

1. apathy – feeling sad, no leisure activities are fulfilling
2. anxiety – feeling restless, insecure, worthless,
3. irritability – feeling defensive, hypersensitive, argumentative, arrogant
4. mental fatigue – feeling preoccupied, difficulty concentrating
5. overcompensation or denial – grandiosity, feeling too important, denying you have problems, ignoring symptoms

# Behavioral Signs

1. avoiding things – keeping to yourself, avoiding work, not accepting responsibility
2. doing things to extreme – gambling, alcohol, sexual promiscuity, gambling
3. administrative problems – being late to work, poor personal hygiene, accident prone
4. legal problems – shoplifting, traffic tickets, going into debt
5. compulsive eating, withdrawal, impulsivity, carelessness, aggressiveness, increased alcohol use

Physical Signs

1. excessive worrying, denial of problems
2. frequent illness
3. physical exhaustion
4. self-medicating
5. having headaches, appetite changes, sexual problems, sleeping disturbance, general aches and pains, grinding teeth, indigestion, difficulty sleeping, weight gain or loss, upset stomach.

Cognitive Signs

1. preoccupation, blocking, blurred vision, diminished productivity, reduced creativity, lack of meaning in life, low self esteem