

STRESS: SYMPTOMS, SIGNS & EFFECTS

Stress left untended and vitality unexpressed makes us our own worst enemy.

Recognizing the signs of stress is important because they can build up and reveal themselves in so many different ways. It is often easier to notice them in other people than in ourselves. ***The more stressed you become, the more your judgment narrows and distorts.***

EMOTIONAL	MENTAL	RELATIONSHIPS	SPIRITUAL	PHYSICAL
anxiety	forgetfulness	isolation	emptiness	appetite change
frustration	dull senses	intolerance	loss of meaning	headaches
the "blues"	poor concentration	resentment	doubt	tension
mood swings	low productivity	loneliness	unforgiving	fatigue
bad temper	negative attitude	lashing out	martyrdom	insomnia
nightmares	confusion	hiding	looking for magic	weight change
crying spells	lethargy	clammimg up	loss of direction	colds
irritability	whirling mind	lowered sex drive	cynicism	pounding heart
"no one cares"	no new ideas	nagging	apathy	muscle aches
depression	boredom	distrust	need to "prove" self	teeth grinding
nervous laugh	spacing out	lack of intimacy	demand recognition	rash
worrying easily	negative self-talk	using people	obsessive rigidity	restlessness
discouraged	repetitious thoughts	role distortion		foot-tapping
little joy	indecisiveness			facial twitches
procrastination				poor sleep
				digestive upset
				nail biting
				hair twisting