

EARLY WARNING SIGNS OF STRESS

July, 2021

The stress reactions below are presented in categories so that they may be more easily recognized and understood. When any of these reactions reaches a level that causes distress, it is a sign that it may need to be addressed. In order to better understanding the impact they have on your ability to cope, it is important to pay attention to how many of these warning signs you experience, as well as their duration (how long the symptoms have been present/how long they last), their frequency, (how often they happen) and their intensity (strength).

Indicators of Difficulty in Coping

Emotional	Behavioral	Physical
<ul style="list-style-type: none">● Apathy The “blahs” Recreation no longer pleasurable Sad● Anxiety Restless Agitated Insecure Feeling of worthlessness● Irritability Overly sensitive Defensive Arrogant/argumentative Insubordinate/hostile● Mental Fatigue Preoccupied Difficulty concentrating Inflexible	<ul style="list-style-type: none">● Withdrawal Social isolation Work related withdrawal Reluctance to accept responsibilities Neglecting responsibilities● Negative Behaviors Nicotine use Alcohol use Gambling Spending spree Promiscuity● Poor Self-Care Tardy to work Poor appearance Poor personal hygiene Accident prone● Relationship Problems Increased arguments Parent-child conflicts Fights● Legal Problems Indebtedness Shoplifting Traffic tickets	<ul style="list-style-type: none">● Increased focus on physical symptoms● Physical exhaustion● Immune system suppression● Somatic (Body) Indicators Headache Heart Palpitations Increased muscle tension Sleep problems Difficulty falling asleep Recurrent awakening Early morning awakening Change in Appetite Weight gain Unintentional weight loss Indigestion Nausea Vomiting Diarrhea Constipation Sexual difficulties

Primary Care Behavioral Health