

## AM I STRESSED?

### HOW CAN I TELL IF I AM STRESSED?

Maybe it's how you are thinking?



- Memory problems
- Uncertainty
- Can't make your mind up
- Loss of objectivity
- Incapability to concentrate
- It's hard to think clearly
- Showing poor judgment
- Focusing on the negative
- Anxious busy thinking
- Constant worrying
- Fearful anticipation

Or is it how you are feeling?



- Moodiness
- Angry bursts
- Restlessness
- Short temper
- Irritability, impatience
- Inability to relax
- I always feel on edge
- Feeling overwhelmed
- Sense of loneliness
- Feeling isolated or jealous
- Feeling agitated or frustrated
- Depression
- Feeling unhappy

Sometimes it's all in the body...



- Headaches or backaches
- Muscle tension and stiffness
- Diarrhea or constipation
- Nausea, dizziness
- Insomnia
- Chest pain, rapid heartbeat
- Weight gain or loss
- Skin breakouts (hives, eczema)
- Loss of sex drive
- Frequent colds

Then others it's in the way we act!



- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastination, neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g. nail biting, pacing)
- Teeth grinding or jaw clenching
- Overdoing activities (e.g. exercising, shopping)
- Overreacting to unexpected problems
- Picking fights with others

It is important to remember that some of the signs and symptoms of stress can also be caused by other psychological or medical problems. If in doubt, take a trip to your doctors to help ascertain if your symptoms are stress-related.