

Is Your Stress Adding Up?

Stress can affect you physically, emotionally, spiritually, mentally, socially as well as work. Check the symptoms you've experienced lately.

- | <u>PHYSICAL</u> | <u>MENTAL</u> | <u>EMOTIONAL</u> | <u>SPIRITUAL</u> | <u>SOCIAL</u> | <u>WORK</u> |
|--|---|---|--|--|--|
| <input type="checkbox"/> appetite changes | <input type="checkbox"/> forgetful | <input type="checkbox"/> anxiety | <input type="checkbox"/> emptiness | <input type="checkbox"/> isolation | <input type="checkbox"/> Decreased work output |
| <input type="checkbox"/> headaches | <input type="checkbox"/> dull senses | <input type="checkbox"/> frustration | <input type="checkbox"/> loss of meaning | <input type="checkbox"/> intolerance | <input type="checkbox"/> Increased tardiness |
| <input type="checkbox"/> tension | <input type="checkbox"/> poor concentration | <input type="checkbox"/> the "blues" | <input type="checkbox"/> doubt | <input type="checkbox"/> loneliness | <input type="checkbox"/> Increased absences |
| <input type="checkbox"/> fatigue | <input type="checkbox"/> low productivity | <input type="checkbox"/> mood swings | <input type="checkbox"/> unforforgiving | <input type="checkbox"/> lashing out | <input type="checkbox"/> Increase in errors |
| <input type="checkbox"/> insomnia | <input type="checkbox"/> negative attitude | <input type="checkbox"/> bad temper | <input type="checkbox"/> martyrdom | <input type="checkbox"/> hiding | |
| <input type="checkbox"/> weight change | <input type="checkbox"/> crying spells | <input type="checkbox"/> nightmares | <input type="checkbox"/> looking for magic | <input type="checkbox"/> clamming up | |
| <input type="checkbox"/> colds | <input type="checkbox"/> irritability | <input type="checkbox"/> depression | <input type="checkbox"/> loss of direction | <input type="checkbox"/> lowered sex drive | |
| <input type="checkbox"/> muscle aches | <input type="checkbox"/> "no one cares" | <input type="checkbox"/> depression | <input type="checkbox"/> needing to "prove" self | <input type="checkbox"/> nagging | |
| <input type="checkbox"/> digestive upsets | <input type="checkbox"/> nervous laugh | <input type="checkbox"/> nervous | <input type="checkbox"/> cynicism | <input type="checkbox"/> distrust | |
| <input type="checkbox"/> pounding heart | <input type="checkbox"/> easily discouraged | <input type="checkbox"/> easily discouraged | <input type="checkbox"/> apathy | <input type="checkbox"/> fewer contacts with friends | |
| <input type="checkbox"/> accident prone | <input type="checkbox"/> little joy | | | <input type="checkbox"/> lack of intimacy | |
| <input type="checkbox"/> teeth grinding | | | | <input type="checkbox"/> confusion | |
| <input type="checkbox"/> rashes/skin problems | | | | <input type="checkbox"/> lethargy | |
| <input type="checkbox"/> restlessness | | | | <input type="checkbox"/> whirling mind | |
| <input type="checkbox"/> foot-tapping | | | | <input type="checkbox"/> no new ideas | |
| <input type="checkbox"/> finger-drumming | | | | <input type="checkbox"/> boredom | |
| <input type="checkbox"/> increased use of alcohol, caffeine, drug or tobacco | | | | <input type="checkbox"/> spacing out | |
| | | | | <input type="checkbox"/> negative self-talk | |
| | | | | <input type="checkbox"/> using people | |