

STRESS WARNING SIGNALS

What are your stress warning signals ?

Physical Symptoms

- Back pain
- Dizziness
- Fatigue
- Grinding of teeth at night
- Headaches
- Indigestion
- Racing heart
- Ringing in ear
- Sleep difficulties
- Stomachaches
- Sweaty palms
- Tight neck, shoulders

Behavioral Symptoms

- Bossiness
- Compulsive eating
- Compulsive gum chewing
- Critical attitude
- Excessive smoking
- Overuse of alcohol

Emotional Symptoms

- Anger
- Boredom, no meaning to things
- Constant worry
- Crying
- Easily upset
- Edginess, feeling ready to explode
- Feeling powerless to change things
- Loneliness
- Nervousness, anxiety

Psychological Symptoms

- Forgetfulness
- Inability to get things done
- Inability to make decisions
- Lack of creativity
- Loss of sense of humor
- Memory loss
- Overwhelming sense of pressure
- Restlessness
- Thoughts of running away
- Trouble thinking clearly
- Unhappiness for no reason

List of Simple Steps to address Stress

I. Maintenance

- A. Pleasant Activity regularly
- B. Progressive Relaxation
- C. Diaphragm Breathing
- D. Quiet Times each morning
- E. Exercise 3 X per week
- F. Essential Oil Bath
- G. Massage 1 X per week
- H. Bible reading, Prayer

II. Moderate Priority

- A. All Section I, plus:
- B. On-Purpose Person
- C. 7 Habits of Highly Effective People
Steven Covey
- D. Drenatrophin
- E. EPA/DHA
- F. Biofeedback

III. High Priority

- A. Counseling