



UPPER ISLAND ASSESSMENT AND RESOURCE SERVICE



SIGNALS OF STRESS

1. PHYSICAL SYMPTOMS MAY INCLUDE:

- ◆ Nausea
- ◆ Poor coordination
- ◆ Heart palpitations
- ◆ Upset stomach
- ◆ Problems with breathing
- ◆ Fatigue
- ◆ Diarrhea or constipation
- ◆ Sweating
- ◆ Tremors/shakiness or tics
- ◆ Chest pains
- ◆ headaches
- ◆ Easily startled
- ◆ Loss of sexual drive

2. COGNITIVE SYMPTOMS MAY INCLUDE:

- ◆ Poor concentration
- ◆ Confusion
- ◆ Memory problems/forgetfulness
- ◆ Time distortions
- ◆ Easily distracted
- ◆ Attention problems
- ◆ Flashbacks
- ◆ Poorly organized

3. EMOTIONAL SYMPTOMS MAY INCLUDE:

- ◆ Anxiety
- ◆ Fear
- ◆ Depression
- ◆ Feeling lost or helpless
- ◆ Want to blame others
- ◆ Feeling out of emotional control
- ◆ Suspicious
- ◆ Guilt
- ◆ Grief
- ◆ Emotional numbness
- ◆ Resentful
- ◆ Feeling overwhelmed
- ◆ Mood swings

4. BEHAVIOUR SYMPTOMS MAY INCLUDE:

- ◆ Social withdrawal
- ◆ Increased use of alcohol/drugs
- ◆ Sleep disturbances
- ◆ Change in eating habits
- ◆ "Type A" behaviour
- ◆ Decreased job performance
- ◆ Increased smoking
- ◆ Become sick (eg. catch a cold)
- ◆ "If only....." talk
- ◆ Restlessness