

STRESS EXHAUSTION SYMPTOMS

PHYSICAL

appetite change
Headaches
Tension
Fatigue
Insomnia
weight change
Colds
muscle aches
digestive upsets
pounding heart
accident prone
Teeth-grinding
Rash
Restlessness
Foot-tapping
finger-drumming
increased use of alcohol, tobacco, drugs (legal or illegal)

EMOTIONAL

anxiety
frustration
the "blues"
mood swings
bad temper
nightmares
crying spells
irritability
"no one cares"
depression
nervous laugh
worrying
easily discouraged
little joy

SPIRITUAL

emptiness
loss of meaning
doubt
unforgiving
martyrdom
looking for magic
loss of direction
needing to "prove self"
cynicism
apathy

MENTAL

forgetfulness
dull senses
poor concentration
low productivity
negative attitude
confusion
lethargy
whirling mind
no new ideas
boredom
spacing out
negative self-talk

RELATIONAL

isolation
intolerance
resentment
loneliness
lashing out
hiding
clamming up
lowered sex drive
nagging
distrust
see friends less
lack of intimacy
Using people

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**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**