

Symptoms of Stress

COMMON PHYSICAL SYMPTOMS:

- *Headaches
- *Back pain
- *Neck pain
- *Chest pain or discomfort
- *Other pain or discomfort
- *Sweating
- *Dizziness
- *Numbness or tingling
- *Shaking
- *Problems with digestion

COMMON EMOTIONAL, BEHAVIORAL, & COGNITIVE

- *Crying
- *Irritability
- *Burnout
- *Frustration
- *Anger
- *Impatience
- *Confusion
- *Decreased productivity
- *Emotional fatigue
- *Memory issues
- *Concentration issues

WHEN WAS THE LAST TIME YOU SAW YOUR FAMILY DOCTOR? IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS YOU SHOULD SEE YOUR DOCTOR TO DETERMINE WHETHER THERE ARE OTHER CAUSES FOR YOUR SYMPTOMS.

IF YOU HAVE DETERMINED THAT STRESS IS CAUSING OR CONTRIBUTING TO YOUR SYMPTOMS, YOU CAN MANAGE YOUR STRESS TO MINIMIZE ITS IMPACT.

your symptoms:

How do you know when you are feeling stressed?

What are your early warning signs of stress? What are the 1st things you notice when you experience stress?

What are your chronic symptoms of long-term stress? Are there any symptoms you have often?

coping skills & habits

How do you usually deal with stress? List your typical coping habits.

How effective are your coping skills you have used in the past? Do they reduce or eliminate the stress?

Which of the coping skills did you use in the past but are no longer using?