

CATEGORIES OF STRESS INDICATORS

Sometimes you don't even realize you are under stress. Maybe you feel things are going along fine but are just a little hectic. You may deny to others that you are stressed. You may even believe that you are managing all the chaos in your personal and professional life well. If you are experiencing any of the items listed below and do not normally experience them, it could be an indication that you are under stress but don't realize it or don't want to admit it. There are four categories of stress indicators: emotional, mental, physical, and behavioral.



Mental:

- Poor judgment
- Unable to concentrate on tasks
- Illogical thinking
- Tendency to make more mistakes than usual
- Performance level lower than usual
- Extreme daydreaming
- Acting "out of sorts"
- Decrease in creative risk-taking
- More cautious than usual

Emotional:

- Irritability
- Develop phobias
- Depression
- Withdrawal
- Emotional outbursts
- Overpowering urge to cry, run, or retreat
- Frequent hostile feelings
- General emotional instability

Review this list from time to time to see if you are experiencing any of the above. It is better to get a handle on stress as early as possible before it mounts up and leads to serious physical or mental problems. You might even like to reduce this list and post it where you can review it often. If you identify with any of these, think about the positive steps you can take to combat them.

Physical:

- Fatigue
- Nervousness
- Restlessness
- Increased breathing rate
- Dryness of throat
- Sweaty palms
- Cold hands and feet
- Sudden change in appetite
- Frequent heartburn and indigestion

Behavioral:

- Sudden change in work habits
- Easily startled by small sounds
- Insomnia
- Accident-prone
- Impulsive behavior
- Overeating or loss of appetite
- Increased smoking
- Increased illness and absenteeism
- Unpredictable behavior

Our fatigue is often caused not by work, but by worry, frustration and resentment.
~Dale Carnegie