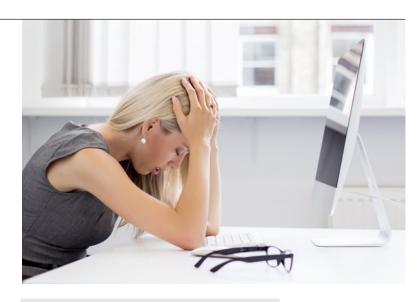
# CATEGORIES OF STRESS INDICATORS

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

### **Emotional:**

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

More cautious than usual

## **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

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.

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