

STRESS EXHAUSTION SYMPTOMS

Check the symptoms of stress exhaustion you've noticed lately in yourself.

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 ALCOHOL,
DRUG, TOBACCO USE

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

RELATIONAL

- ISOLATION
- INTOLERANCE
- RESENTMENT
- LONELINESS
- LASHING OUT
- HIDING
- CLAMMING UP
- LOWERED SEX DRIVE
- NAGGING
- DISTRUST
- FEWER CONTACTS WITH
FRIENDS
- LACK OF INTIMACY
- USING PEOPLE

MENTAL

- FORGETFULNESS
- DULL SENSES
- POOR CONCENTRATION
- LOW PRODUCTIVITY
- NEGATIVE ATTITUDE
- CONFUSION
- LETHARGY
- WHIRLING MIND
- NO NEW IDEAS
- BOREDOM
- SPACING OUT
- NEGATIVE SELF-TALK