

# INDICATORS OF

# OVERSTRESS

“Overstress” is recognized as a cause of major health problems that range from minor illnesses to death. It can also be a possible cause of decreased productivity, depression, and other potential health problems. The following are signs or symptoms of a stress reaction. Please check those you have recently experienced.

## PHYSICAL RESPONSES TO STRESS:

- itching
- hives
- eczema
- increased sweating
- cold hands or feet
- rashes
- cold sores
- increased breathing
- shortness of breath
- sighing
- hiccups
- coughing
- hyperventilation
- asthma aggravated by stress
- allergies (hay fever, sinus problems)
- frequent colds
- minor illnesses
- indigestion
- diarrhea
- constipation
- abdominal cramps
- tight or fluttery stomach
- ulcers
- colitis (*inflammation of the colon*)
- muscle contractions
- pains in lower back and neck
- tension headaches
- other muscle aches
- tics, spasms
- increased blood pressure
- increased pulse
- irregular heartbeat
- arteriosclerosis (*hardening of the arteries*)
- other cardiovascular diseases
- impotence
- menstrual changes
- frigidity
- premature ejaculation



# MORE INDICATORS OF OVERSTRESS

## BEHAVIORAL INDICATORS OF STRESS:

- lack of enthusiasm for children, family, work, or life in general
- withdrawal into increased privacy and solitude
- lack of interest in sexual relations
- change in eating habits/ extreme weight gain or loss
- experiencing an increased number of interpersonal conflicts
- talking gradually louder and more excitedly; uncharacteristic or frequent screaming
- increased use of cigarettes, alcohol, drugs, tranquilizers, or pills
- difficulty sleeping/insomnia
- fatigue
- frequent explosions of anger or crying fits
- increased number of accidents or tendency to be clumsier than usual



## COGNITIVE INDICATORS OF STRESS:

- confusion
- nightmares
- uncertainty
- suspiciousness
- blaming
- poor problem solving
- poor concentration/memory
- heightened or lowered alertness

## EMOTIONAL INDICATORS OF STRESS:

- fear
- guilt
- grief
- panic
- denial
- anxiety
- agitation
- irritability
- depression
- intense anger
- apprehension
- emotional shock
- emotional outbursts
- feeling overwhelmed
- loss of emotional control

***Any of these symptoms may indicate the need for medical evaluation. When in doubt, contact a physician.***

