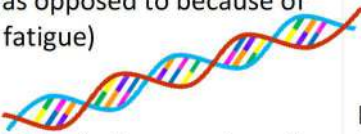
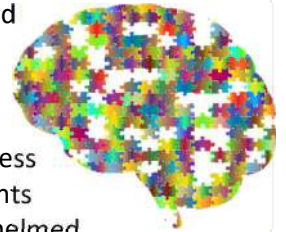


Warning Signs (Indicators of) Stress

For additional information: See Happiness1st.com

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Physical	Behavioral	Psychological
<p>Muscle tension Headaches Weight changes Teeth grinding Frequent illnesses Stomach aches Hypertension Sexual dysfunction Diarrhea or constipation Back pain Indigestion Increased pain Dizziness Racing heart Ringing in the ears Immune function decreases Sweating or trembling hands Digestive function worsens Central Nervous System issues More accidents Increased risk of pre-term births</p> <p>Energetic Exhaustion/fatigue Energy level declines in response to thoughts (as opposed to because of hunger or fatigue)</p> <p>Genetic Increased risk of adverse epigenetic changes Increased risk of adverse behavior and health outcomes in offspring</p>	<p>Hurrying Increased accidents Decreased productivity Increased use of drugs Increased use of alcohol Unhealthy eating patterns Restricted breathing More sedentary Compulsive gum chewing Inability to get things done Engage in riskier behaviors Cigarette smoking Procrastination Isolation</p> <p>Relationship Issues Focus on negative Conflicts with others Bossiness Increased relationship conflict Attitude critical of others</p> <p>Sleep Problems Insomnia Sleep disturbances Parasomnias</p> <p>Emotional Emotions below the Hopeful and Sweet Zones on the Emotional Guidance Scale (EGSc) (See Dr. Joy's books)</p>	<p>Irritability Often worried Easily frustrated Crying spells Restlessness Nervousness Feeling powerless Suicidal Thoughts Feeling overwhelmed Less emotional control Thoughts of running away Difficulty making decisions Loss of sense of humor Edginess, ready to explode Intense bouts of anger Boredom, no meaning Unhappy for no reason Loneliness Anxiety Easily upset Burnout Depression Suicide</p> <p>Cognitive Trouble thinking clearly Lack of creativity Forgetfulness Memory Loss Difficulty/Inability to make decisions Poor concentration Reduced ability to negotiate</p>



Stress damages every area of the body. That's why we have two warning systems, our emotions and our energy level, to let us know what our stress level is and especially when stress is rising. Our bodies and minds do not function well when we experience chronic stress. Reducing stress doesn't require the situation to change; only the mind must change in order to decrease the amount of stress you experience.

When you recognize the warning signs, you can apply Advanced Stress Management skills to reduce the amount of stress your mind and body are experiencing.

To learn Advanced Stress Management Skills, see *Mental Wellness Made Easy: The Smart Way to Manage Stress*.

