

# How Do You Respond to Stress?

When experiencing stress, you may be affected totally, not only in your body but also in your emotional reactions, your personal thoughts and your relations with others. The following list of stress symptoms contains the most typical reaction to stress. It can also help you begin focusing on ways to manage stress.

Check any symptoms you have noticed lately in yourself.

## PHYSICAL

- |   |   |
|---|---|
| <input type="checkbox"/> headaches                            | <input type="checkbox"/> accident prone |
| <input type="checkbox"/> fatigue                              | <input type="checkbox"/> teeth grinding |
| <input type="checkbox"/> insomnia                             | <input type="checkbox"/> restlessness   |
| <input type="checkbox"/> weight change                        | <input type="checkbox"/> colds          |
| <input type="checkbox"/> digestive upsets                     | <input type="checkbox"/> pounding heart |
| <input type="checkbox"/> increased alcohol, drug, tobacco use |   |
| <input type="checkbox"/> neck and shoulders tighten up/ache   |   |

## MENTAL

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> forgetfulness      | <input type="checkbox"/> confusion    |
| <input type="checkbox"/> dull senses        | <input type="checkbox"/> lethargy     |
| <input type="checkbox"/> poor concentration | <input type="checkbox"/> no new ideas |
| <input type="checkbox"/> low productivity   | <input type="checkbox"/> boredom      |
| <input type="checkbox"/> negative attitude  |                                       |

## EMOTIONAL

- |  |   |
|--|---|
| <input type="checkbox"/> anxiety       | <input type="checkbox"/> irritability       |
| <input type="checkbox"/> the "blues"   | <input type="checkbox"/> depression         |
| <input type="checkbox"/> mood swings   | <input type="checkbox"/> nervous laugh      |
| <input type="checkbox"/> bad temper    | <input type="checkbox"/> worrying           |
| <input type="checkbox"/> crying spells | <input type="checkbox"/> easily discouraged |

## SOCIAL

- |  |  |
|--|--|
| <input type="checkbox"/> isolation                   | <input type="checkbox"/> lowered sex drive |
| <input type="checkbox"/> lashing out                 | <input type="checkbox"/> loneliness        |
| <input type="checkbox"/> clamming up                 | <input type="checkbox"/> using people      |
| <input type="checkbox"/> fewer contacts with friends |  |

Look over the symptoms you've checked and circle those that occur frequently or regularly. Study your list. Which symptoms cause you the most concern? This checklist can serve as a starting point to discuss with your doctor or mental health professional to develop a stress management program. If you need help with a referral, call the local AA EAP at (918) 292-2464 or 1 (800) 555-8810, #9.

