

FREE STRESS TEST

Physical Signs And Symptoms Of Stress

According to the American Psychological Association's online Help Center:

- Forty-three percent of all adults suffer adverse health effects from stress.
- Seventy-five percent to 90 percent of all physician office visits are for stress-related ailments and complaints.
- Stress is linked to the six leading causes of death -- heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

It is widely accepted in the medical world that three quarters of all illnesses are related to stress.

Here are some of the physical signs and symptoms of stress.

If you tick four (4) or more symptoms in the last column or eight (8) or more symptoms in the middle column it is an indication that your stress levels are unacceptably high. It would be highly recommended that you employ stress management techniques to reduce your stress as well as seek the appropriate help, medical or otherwise.

R= Rarely; S= Sometimes; O= Often

	R	S	O
abdominal pains			
anxiety attacks			
appetite loss			
chest pains			
cold hands and feet			
constipation			
diarrhoea			
dry mouth or throat			
eczema			
eye strain			
facial tension lines			
fatigue			

grinding of teeth			
headaches			
heart palpitations			
high blood pressure			
indigestion			
itching			
loss of or excessive libido			
migraines			
nausea			
perspiration			
High cholesterol			
Shortness of breathe			
sleep disturbances			
Recurring colds, coughs, flu			
Hair loss			
tension back, neck, jaw			
trembling			
twitching			
ulcers			
urinary hesitancy			
vomiting			
TOTAL			

Emotional Signs and Symptoms of Stress

Too much stress also takes its toll on the way we feel about ourselves, about others and about the world around us. Stress wears us down and robs our energy, depleting our inner resources and upsetting our coping mechanisms. When we are stressed we have very low tolerance levels. We become moody and bad tempered, and tend to see things very negatively.

These are some of the emotional signs and symptoms to look out for. Make a mark next to the ones you tend to experience.

If you tick four (4) or more symptoms in the last column or eight (8) or more symptoms in the middle column it is an indication that your stress levels are unacceptably high. It would be highly recommended that you employ stress management techniques to reduce your stress as well as seek the appropriate help, medical or otherwise.

R= Rarely; S= Sometimes; O= Often

	R	S	O
irritability			
outbursts of anger			
anxiousness			
defensiveness			
depression			
helplessness			
loss of hope			
insecurity			
hostility			
jealously			
restlessness			
withdrawal			
diminished initiative			
feelings of unreality (dream-like)			
lack of interest			
tearfulness			
critical of others			
low self-esteem or self-deprecation			
nightmares			
impatience			

negativity			
narrowed minded			
conflict in your intimate relationship			
over-sensitivity			
loneliness			
TOTAL			

Cognitive Signs and Symptoms of Stress

Stress also affects the way we think and see things. The more stressed we become, the more negatively we think. The more negatively we think, the more stressed we become because we feel more hopeless and helpless. This becomes a vicious cycle which is difficult to end. Furthermore, stress has a physiological affect on our ability to think and perceive things. These are some of the signs and symptoms:

If you tick four (4) or more symptoms in the last column or eight (8) or ,more symptoms in the middle column it is an indication that your stress levels are unacceptably high. It would be highly recommended that you employ the techniques in this book to reduce your stress as well as seek the appropriate help, medical or otherwise.

	R	S	O
playing conversations and situations over and over in your head			
forgetfulness			
preoccupation			
blurred vision			
errors in judging distance			
reduced creativity			
lack of concentration			
diminished productivity			
lack of attention to detail			
orientation to the past			
Poor reflexes			

attention deficit			
disorganization of thought			
negative self-esteem			
lack of control/need for too much control			
negative self-statements			
negative attitude			
poor decision making			
poor listening skills			
procrastination			
inconsistent communication			
more 'ego' centred and less group centred			
Stuttering/ speech difficulties			
TOTAL			

Behavioural Signs And Symptoms Of Stress

Stress affects our behaviour. Under times of stress we tend to turn to 'artificial coping mechanisms' They help us feel better temporarily, but make us feel worse in the long run. We also tend to lash out in an attempt to unleash all the negative energy we are carrying. These are some of the behavioural signs and symptoms of stress.

If you tick four (4) or more symptoms in the last column or eight (8) or more symptoms in the middle column it is an indication that your stress levels are unacceptably high. It would be highly recommended that you employ stress management techniques to reduce your stress as well as seek the appropriate help, medical or otherwise.

	R	S	O
increased smoking			
increased alcohol use			
drug use			
aggressive behaviours			

reckless / aggressive driving			
carelessness			
under-eating or over-eating			
withdrawal			
listlessness			
over talkative			
nail biting			
general fidgeting			
drumming of fingers			
nervous shaking of the leg			
foot tapping			
fiddling with hair			
hostility			
accident-proneness			
sexual affairs			
nervous laughter			
compulsive behaviour			
impatience			
relationship conflict			
Rigidity (strict and intolerant)			
TOTAL			