



INDICATORS OF OVERSTRESS

“Overstress” is recognized as a cause of major health problems that can range from minor illnesses to even 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.

- 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 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
- 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