

# My Warning Signs of Stress

## Stress Warning Signs Examples

Sometimes, we get so use to being stressed that we don't even recognize that we aren't feeling good. We hide our stress (or do our best to hide it) but stress will show itself somehow.

### What are your stress symptoms/warning signs?

Check any that apply and draw or write them on the accompanying diagram labeled "My Warning Signs."

#### Thoughts

- Forgetful
- Can't make decisions
- Constant worry
- Lost sense of humor
- Other:

#### Feelings

- Sad
- Overwhelmed
- Lonely
- Angry
- Other:

#### Attitude

- Bossy
- Edgy/ready to explode

- Cynical
- Critical
- Other:

#### Behavior

- Chewing hair
- Nagging
- Backtalk/Sass
- Other:

#### Physical

- Headache
- Stomach-ache
- Trouble sleeping/ tired
- Neck/back pain
- Other: