

## Stress Profile

Everyone has a different blueprint for how their body tries to adapt to overstress. What is your blueprint? Knowing yours can help you create an action plan for stress.

### Examples of Physical Symptoms

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|--|--|
| <input type="checkbox"/> Headaches   | <input type="checkbox"/> Appetite or weight change |
| <input type="checkbox"/> Getting colds a lot   | <input type="checkbox"/> Lowered sex drive         |
| <input type="checkbox"/> Stomachaches, digestive upsets                                | <input type="checkbox"/> Racing heart              |
| <input type="checkbox"/> Sweaty palms  | <input type="checkbox"/> Dizziness                 |
| <input type="checkbox"/> Sleep difficulties or overtiredness                           | <input type="checkbox"/> Rash                      |
| <input type="checkbox"/> Muscle tension or aches, esp. in jaw, neck, shoulders or back |  |

### Examples of Behavioral Signs

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|---|--|
| <input type="checkbox"/> Teeth grinding                                   | <input type="checkbox"/> Restlessness                          |
| <input type="checkbox"/> Bossiness or short temperedness                  | <input type="checkbox"/> Use of alcohol, drugs, or tobacco     |
| <input type="checkbox"/> Compulsive eating or chewing gum                 | <input type="checkbox"/> Fewer contacts w/ friends, loneliness |
| <input type="checkbox"/> Attitude critical of others, feeling controlling | <input type="checkbox"/> Inability to get things done          |
| <input type="checkbox"/> Foot tapping or finger drumming                  |  |

### Examples of Emotional Signs

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|---|---|
| <input type="checkbox"/> The blues, little joy, or crying   | <input type="checkbox"/> Nervousness, anxiety           |
| <input type="checkbox"/> Overwhelming sense of pressure     | <input type="checkbox"/> Boredom-no meaning to things   |
| <input type="checkbox"/> Easily upset or discouraged        | <input type="checkbox"/> Irritability, ready to explode |
| <input type="checkbox"/> Feeling powerless to change things |   |

### Examples of Cognitive Signs

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|---|--|
| <input type="checkbox"/> Trouble thinking clearly   | <input type="checkbox"/> Inability to make decisions |
| <input type="checkbox"/> Thoughts of running away   | <input type="checkbox"/> Negative attitudes          |
| <input type="checkbox"/> Low productivity           | <input type="checkbox"/> Loss of sense of humor      |
| <input type="checkbox"/> Forgetfulness, memory loss | <input type="checkbox"/> Whirling, racing mind       |