

## STRESS EXHAUSTION SYMPTOMS

### PHYSICAL

appetite change  
Headaches  
Tension  
Fatigue  
Insomnia  
weight change  
Colds  
muscle aches  
digestive upsets  
pounding heart  
accident prone  
Teeth-grinding  
Rash  
Restlessness  
Foot-tapping  
finger-drumming  
increased use of alcohol, tobacco, drugs (legal or illegal)

### EMOTIONAL

anxiety  
frustration  
the "blues"  
mood swings  
bad temper  
nightmares  
crying spells  
irritability  
"no one cares"  
depression  
nervous laugh  
worrying  
easily discouraged  
little joy

### SPIRITUAL

emptiness  
loss of meaning  
doubt  
unforgiving  
martyrdom  
looking for magic  
loss of direction  
needing to "prove self"  
cynicism  
apathy

### MENTAL

forgetfulness  
dull senses  
poor concentration  
low productivity  
negative attitude  
confusion  
lethargy  
whirling mind  
no new ideas  
boredom  
spacing out  
negative self-talk

### RELATIONAL

isolation  
intolerance  
resentment  
loneliness  
lashing out  
hiding  
clamming up  
lowered sex drive  
nagging  
distrust  
see friends less  
lack of intimacy  
Using people

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**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**