

My Early Warning Signs

Use the list of indicators below to help you identify your early warning signs of stress.

Indicators of Stress- My warning signs	Tick in this column if you have experienced this indicator <u>some of this week</u>	Tick in this column if you have experienced this indicator <u>most of this week</u>
Constant or excessive worrying		
Thoughts going round and round		
Use of unhelpful thoughts		
Low self esteem		
Problems with concentration		
Low motivation		
Forgetfulness		
Fatigue		
Irritable		
Anxious		
Tense		
Unhappy		
Change in appetite		
Increased smoking		
Change in sleep patterns		
Increased consumption of alcohol		
Aggressive behaviour		
Decreased work performance		
Loss of interest in sex		
Conflicts in relationships		
Ulcers		
Muscle tension and pain		
Migraines/headaches		
Depression		
High blood pressure		
Frequent colds or flu's		
Skin disorders (e.g. acne or rash)		
Problems with digestive/immune systems		
Allergies		
Asthma and other respiratory conditions		