

DO YOU
RECOGNIZE
ANY OF THESE
SYMPTOMS
OF STRESS
IN YOURSELF?

Take a look at the signs and symptoms of stress on this page.

Do you see yourself in this list? If so, it may be time to try some proven stress reduction strategies.

Check in with yourself. It's healthy to acknowledge what you can and can't get done and appreciate what you've accomplished.

If you feel like you are having a hard time staying in balance, the ideas, exercises, and self-care plan in this module can help you better manage your stress.

DO YOU FEEL ...

- Anxious or full of worry?
- Unable to concentrate?
- Achy or sick more than usual?
- Sad or generally unhappy?
- Overwhelmed?
- Irritable or short tempered?
- Lonely or alone?

ARE YOU HAVING TROUBLE ...

- Concentrating or remembering things?
- Relaxing?
- Getting your work done?
- Making good decisions?

HAVE YOU...

- Lost your sex drive?
- Used alcohol, cigarettes or drugs to "feel better"?
- Been sleeping too much or too little?
- Been eating too much or too little?
- Isolated yourself from friends and family?
- Neglected responsibilities?

These can all be signs and symptoms of stress overload. If you think stress overload might be affecting your life, there's something you can do about it.
