

Stress Diagnostic

Stress manifests in our body (physical reaction), in our thoughts and emotions (cognitive and psychological reaction) and in our actions (behavioural reaction). You can diagnose if you are suffering from stress by becoming aware these reactions. Read through the list of stress symptoms below and tick the symptoms that you are currently experiencing....

Please note: The more symptoms you tick, the more stressed you are likely to be, but it is not the number of symptoms that counts, so much as the severity – the more severe the symptom the more stressed you are.

Physical Reactions

- Loss of sex drive
- Sexual problems e.g. erectile dysfunction in men
- Frequent unexplained headaches / pain
- Chest pains / heart palpitations
- Muscle tension – e.g. stiff neck, back, hips
- Unexplained nausea
- Frequent heartburn
- Frequent indigestion
- Erratic bowel function / diarrhoea
- Knots or butterflies in stomach
- Frequent need to urinate
- Excessive perspiration for no reason
- Dizzy spells for no reason
- Feeling faint or unusually weak for no reason
- Breathlessness for no reason
- Feeling tight-chested for no reason
- Erratic periods in women
- Catch colds and other illnesses easily
- Skin disorders
- Ulcers
- Loss of hair
- Feeling run down
- Loss or increase in appetite

Cognitive & Psychological Reactions

- Feeling tense and wound up
- Racing mind and thoughts
- Worrying
- Panicky feelings
- Feelings of general anxiousness
- Phobias (irrational fears)
- Being afraid of disease
- Being upset by disease in others
- An increase in complaints about what happens to you.
- Apathy / lack of enthusiasm
- Feelings of helplessness
- Persistent guilt
- Feelings of depression
- Feelings of confusion
- Feeling that no one understands you
- Feelings of loneliness and having no one to talk to
- Feeling that you have failed in your role as spouse / parent/ child / employee
- Feeling that people are gossiping about you
- Feeling that no one want to work with you
- Feeling that other people dislike you
- Disinterest in other people
- Feelings of frequent criticism
- Feeling that you have been neglected or let down
- Feeling that your appearance has altered for the worst
- Feeling you can't cope
- Feelings of disliking yourself
- Low self-esteem / low opinion of yourself
- Lack of self-confidence
- Feeling that you are a failure
- Being overly self-critical
- Feeling disgruntled / moody / irritable
- Low interest in work
- A lack of interest in life

Behavioural Reactions

- Difficulty in relaxing
- Fidgeting / restlessness
- Memory loss / forgetfulness
- Poor long term planning
- Poor concentration
- Difficulty making decisions
- Poor time management
- Inability to meet deadlines
- Making unnecessary mistakes
- Procrastination
- Poor problem solving
- Poor work quality
- Difficulty in completing one task before rushing to the next
- A drop in personal standards and grooming
- The need to constantly take work home
- The need to cancel leave
- Engaging in frequent criticism of others
- Uncooperative relationships
- Social withdrawal
- Increased aggressiveness
- Difficulty in showing / expressing your true feelings
- Suppressed or unexpressed anger
- Sleep disturbances
- Tearful (for no apparent reason)
- Ticks / nervous habits
- Greater use of substances to cope (alcohol, caffeine, nicotine, medicines)
- Nail biting
- Social withdrawal
- Difficulty in showing / expressing your true feelings
- Suppressed or unexpressed anger
- Little sense of humour
- Emotional outbursts
- Accident proneness

This document forms part of my materials developed for HELM
See www.clairenewton.co.za/helm.html to download a copy.

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