

## Physical:

- heart pounding
- headaches
- sweaty palms
- indigestion
- skin breaks out
- shortness of breath
- holding breath
- cold hands
- sleeplessness
- sleep too much
- fatigue
- nausea
- diarrhea
- tight stomach
- tight muscles
- pain

## Emotional:

- moody
- irritability
- depressed
- anxious
- lack of sense of humor
- abrasive
- hostile
- nervous
- emotional

## Mental:

- forgetfulness
- poor judgment
- disorganized
- fuzzy perception
- confused
- lack of interest
- stop thinking
- diminished fantasy life
- negative self-talk
- lack of concentration

## MOST COMMON STRESSORS:

TIME

EXPECTATIONS

CONFLICTS WITH OUR VALUES

COMMITMENTS AND OBLIGATIONS

SITUATIONS OVER WHICH WE HAVE NO CONTROL