

How can I tell I am stressed?

Physical Signs	Emotional Signs	Behavioral Signs

<i>Symptom (Disregard those that you don't experience)</i>	<i>Degree of discomfort (1-10) now</i>	<i>Degree of discomfort (1-10) after mastering relaxation and stress reduction techniques</i>
High blood pressure		
Headaches		
Neckaches		
Backaches		
Indigestion		
Irritable bowel		
Ulcers		
Chronic constipation		
Chronic diarrhea		
Muscle spasms		
Tics		
Tremors		
Fatigue		
Insomnia		
Sleeping difficulties		
Obesity		
Physical weakness		
Job stress		
Other		

Important: Physical symptoms may have purely physiological causes. You should have a medical doctor eliminate the possibility of such physical problems before you proceed on the assumption that your symptoms are completely stress-related.

Tactics for Coping with Stress

As a member of modern society, you have available to you a variety of methods to cope with the negative effects of stress. Doctors can treat your stress-related symptoms and diseases. Over-the-counter remedies can reduce your pain, help you sleep, keep you awake, enable you to relax, and counter your acid indigestion and nervous bowels. You can consume food, alcohol, and recreational drugs to help block feelings of discomfort. You have diversions such as TV, movies, hobbies, and sports. You can withdraw from the