

Stress Diagnostic

Physical Reactions

- Loss of sex drive
- Sexual problems e.g. erectile dysfunction in men
- Frequent unexplained headaches
- Chest pains / heart palpitations
- Muscle tension – e.g. stiff neck / back
- 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 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 you have failed in your role as spouse / parent/ child / employee
- Feeling people are gossiping about you
- Feeling no one wants to work with you
- Feeling that other people dislike you
- Disinterest in other people
- Feelings of frequent criticism
- Feeling 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
- 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
- Difficulty in showing / expressing your true feelings
- Suppressed or unexpressed anger
- Little sense of humour
- Emotional outbursts
- Accident proneness

