

WARNING SIGNS OF STRESS

- Increased irritability
- Difficulty sleeping, awakening early, or excessive sleeping
- Loss of energy or zest for life
- Becoming increasingly isolated
- Feeling out of control, engaging in uncharacteristic actions or emotions (crying a lot, becoming shrill, focusing on petty things)
- Drinking too many caffeinated beverages or relying too much on nicotine and alcohol, sleeping pills and other medications
- Changes in the body's normal functioning (e.g., a pounding heart, trembling hands, difficulties with digestion)
- Becoming forgetful, having problems concentrating
- Becoming less interested in people or activities that were once a source of pleasure
- Eating significantly more or less than usual
- Engaging in compulsive behaviors: constantly cleaning and straightening up or fussing over small, unimportant details
- Becoming accident prone
- Inability to overcome feelings of depression or anxiety
- Denying physical or psychological symptoms (e.g., "There's nothing wrong with taking sleeping pills every night," or "Anybody would be depressed in my situation.")
- Handling family members less gently or considerately than is customary
- Entertaining suicidal thoughts