

Rutgers Learning Centers

At Camden Campus

THE A-B-C's OF STRESS SYMPTOMS

A nxiety, apprehension, addiction, arguments, apathy, abuse.

B oredom, back-biting, backache, blues, blahs.

C olds, canker sores, claustrophobia, compulsiveness, crying spells, cynicism, clamming up, conflict, confusion.

D rinking, drugs, depression, diarrhea, divorce, distrust, defensiveness.

E dginess, emptiness.

F ear, forgetfulness, flu, fatigue, frustration, flush.

G uilt, gas, grudges.

H opelessness, heart attack, high blood pressure, headaches.

I ndigestion, insomnia, irritability, irrational thoughts, indecision, intolerance.

J udgmental stance, joylessness, jitters.

K now-it-all attitude, knots in stomach or back.

L oneliness, lowered libido, lethargy, lashing out, lack of concentration.

M uscle twitches, martyrdom, mood swings.

N agging, negative attitude, nightmares, nervousness, needing to prove something.

O rneriness, out of touch, out of control.

P anic, pounding heart, put downs, poor judgment, pushing too hard.

Q uiet, quick to take offense, questioning.

R udeness, rash, resentment, righteous indignation.

S ulking, stewing, spiritual void, self-recriminations.

T emper tantrums, too much to do, tension, trouble setting priorities.

U nhappiness, unforgiving spirit, uncertainty, unproductive approach to work, unrealistic expectations.

V olatile, vague aches & pains, values confusion.

W eight gain/loss, whirling mind, worrying, wasting time.

X -tra pounds, x-travagant living.

Y elling, yawns, yeah buts.

Z illions of things undone, zero energy.

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For more information, visit or call your nearest Rutgers Learning Center, or visit our website:<http://rlc.rutgers.edu>

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