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-reriminations.
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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