

Building Strong Families

Warning Signs of Stress

This is a list of some warning signs that help you know if you have stress in your life. Put a check mark next to any statement that is true for you. Are there any other signs of stress that are not listed here? If so, add them at the bottom.

- Other people often annoy me.
- I get angry with others easily.
- I get anxious or impatient at delays caused by others or me.
- My neck or back often feels tense.
- I often have headaches or stomach aches.
- I have trouble sleeping at night.
- I sometimes eat when I'm not hungry.
- I often lose my appetite.
- I often get angry in harmful ways.
- I worry about things I cannot change.
- I often have diarrhea or constipation.
- I expect a lot of others and myself.
- I get upset when others or I don't meet my expectations.
- I use more alcohol, drugs (even aspirin), coffee, or cigarettes.
- I lose my temper easily with others.
- Noise, music, laughing, or talking gets on my nerves.
- I often yell at other people.
- I have nervous habits such as cracking knuckles, biting nails, or scratching.

- It's hard for me to talk about a problem with a person who is involved.
- It's hard for me to listen to someone else's point of view.
- I don't have a close friend or person I know whom I can discuss problems with.
- I often "escape" by napping or daydreaming.
- I take long lunch breaks and/or coffee breaks.
- I take the "long way" to work.
- I feel rushed, but I'm getting nowhere fast.
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Adapted from Roma Gay Adkins, Stress Level Questionnaire, Cooperative Extension Service, West Virginia University, Center for Extension and Continuing Education. Further adapted by Gail Rice, Literacy Specialist and Consultant.