Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CALM 20**

**Stress Warning Signals**

**Physical Signs**

* Tense muscles or back pain
* Sleeping too little or too much
* Sudden bursts of energy
* Cold or sweaty hands
* Headaches
* Eating too little or too much
* Nausea or upset stomach
* Heart racing or pounding
* Extremely tired

**Intellectual Signs**

* Forgetfulness
* Difficulty making decisions
* Difficulty concentrating
* Daydreams and/or bad dreams
* Lack of creativity
* Thoughts of running away
* Constant worry
* Loss of sense of humor

**Emotional Signs**

* Crying for no reason
* Feeling bad about oneself
* Feeling nervous or anxious
* Feeling trapped
* Feeling hopeless or depressed
* Inability to get things done

**Social Signs**

* Not wanting to be around other people
* Outbursts of temper
* Edginess – ready to explode
* Feelings of inferiority
* Grouchy, irritable, even mean
* Loss of interest in others
* Loss of interest in appearance
* Feeling lonely

**Spiritual Signs**

* Feeling empty
* Loss of direction
* Unforgiving attitude
* Loss of faith
* Bitterness
* Resentment

