

Common Indicators of Distress

(* denotes indicators of severe stress)

<p>Faintness, dizziness</p> <p>Hot or cold sensations in body</p> <p>Tightness in throat, stomach, or chest</p> <p>Agitation or nervousness</p> <p>Fatigue & exhaustion</p> <p>Gastrointestinal distress & nausea</p> <p>Appetite decrease or increase</p> <p>Increased muscle tension/headaches</p> <p>Exacerbation of preexisting health conditions</p> <p>Sleep difficulties</p> <p>Increased heart rate</p> <p>Increased sweating</p>	<p><input type="checkbox"/> Anxiety, fear, worry</p> <p><input type="checkbox"/> Sadness, depression</p> <p><input type="checkbox"/> Sense of helplessness</p> <p><input type="checkbox"/> Irritability, anger or short temper</p> <p><input type="checkbox"/> Mood swings</p> <p><input type="checkbox"/> Apathy</p>	<p>Sleep disturbances</p> <p>Jumpiness, easily startled</p> <p>Crying & tearfulness for no apparent reason</p> <p>Conflicts with family & coworkers</p> <p>Isolation or withdrawal from others</p> <p>Increased use of alcohol or drugs</p> <p>Reduced quality/quantity of work</p> <p>Repeated accidents or mistakes</p> <p>Uncharacteristic misconduct</p> <p>Lowered standards of hygiene or grooming</p> <p>Pleasurable forms of distress management such as shopping or eating</p> <p>Increased risk-taking</p> <p>*Self-injurious behavior (i.e., cutting)</p> <p>*Suicidal or violent behavior</p>	<p>Poor concentration & memory problems</p> <p>Impaired thinking & decision making</p> <p>Reduced reaction time</p> <p>Self-doubts</p> <p>Placing blame on others/failure to take responsibility</p> <p>Poor judgment</p> <p>*Thoughts of harming self</p> <p>*Thoughts of harming others</p>
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