Handout: Take a look at this!

Exercise Code: SLINTEGRA042

Take a look at the warning signs of stress listed in the handout. Check each of the warning signs that apply to you. When you are finished checking your warning signs, discuss your list with group members. Are there any similarities? How much stress do you think you are currently under? Discuss ways that you can eliminate some of the stress that could start to cause you physical or emotional or behavioral difficulties.

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| **Physical** | **Emotional**  | **Behavioral** |
| headaches | mood changes | smoking |
| stomach ache | lack of concentration | nail biting |
| dizziness | nightmares | tapping |
| back pain | panic attacks | pulling hair |
| neck stiffness | anxiety | grinding teeth |
| ulcer sores on mouth | anger | use of alcohol |
| jaw pains | irritability | use of medication |
| weight loss | crying | compulsive dieting |
| weight gain | thoughts of suicide | hair chewing |
| weakness | confuison | pacing |
| nausea | feeling of helplessness | lateness |
| indigestion | restlessness | putting things off |
| excessive sleeping | racing thoughts | not caring about |
| overeating | aggressiveness | physical appearance |
| loss of appetite | compulsive |  |
| skin problems |  |  |