

Stress: Exhaustion Symptoms

Which stress exhaustion symptoms have you been experiencing lately? (check all that apply)

Emotional

- Anxiety
- Frustration
- The "blues"
- Mood swings
- Bad temper
- Nightmares
- Crying spells
- Irritability
- "No one cares"
- Depression
- Nervous laughing
- Worrying
- Easily discouraged
- Little joy

Spiritual

- Emptiness
- Loss of meaning
- Doubt
- Unforgiving
- Martyrdom
- Apathy
- Loss of direction
- Looking for magic
- Needing to "prove yourself"
- Feel "something" is missing

Mental

- Forgetfulness
- Dull senses
- Poor concentration
- Confusion
- Low productivity
- Lethargy
- Negative attitude
- Whirling mind
- No new ideas
- Boredom
- Spacing out
- Self talk
- Negative thoughts

Relational

- Isolation
- Intolerance
- Resentment
- Lashing out
- Clamming up
- Lowered sex drive
- Nagging
- Distrust
- Loneliness or hiding
- Lack of intimacy
- Fewer contacts with friends

Physical

- Appetite change
- Teeth grinding
- Headaches
- Tension
- Fatigue
- Insomnia
- Weight change
- Colds
- Muscle aches
- Rashes
- Digestive upsets
- Restlessness
- Pounding heart
- Foot tapping
- Accident prone
- Finger tapping
- Increased alcohol, drug or tobacco use

Wellness is a choice, a decision you make to move toward optimal health.

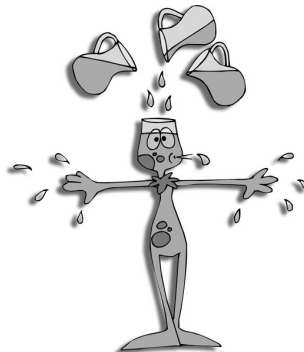
Wellness is a way of life, a lifestyle you design to achieve your highest potential for well-being.

Wellness is a process, a developing awareness that there is not end point, but that health and happiness are possible in each moment. Here and now.

Wellness is an efficient channeling of energy, energy received from the environment, transformed within you, and sent on to affect the world outside.

Wellness is the integration of body, mind, and spirit, the appreciation that everything you do, and think, and feel, and believe has an impact on your state of health.

Wellness is the loving acceptance of yourself



Excerpt from Wellness Workbook 2nd Edition
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