



STRESS EXHAUSTION SYMPTOMS

Have you been feeling like you're at the end of your rope? Check any symptoms you have experienced in the past week, you may have stress exhaustion.

PHYSICAL	MENTAL SYMPTOMS	EMOTIONAL
<input type="checkbox"/> appetite change <input type="checkbox"/> headaches <input type="checkbox"/> tension <input type="checkbox"/> fatigue <input type="checkbox"/> insomnia <input type="checkbox"/> weight change <input type="checkbox"/> colds <input type="checkbox"/> muscle aches <input type="checkbox"/> digestive upsets <input type="checkbox"/> pounding heart <input type="checkbox"/> accident prone <input type="checkbox"/> teeth grinding <input type="checkbox"/> rash <input type="checkbox"/> restlessness <input type="checkbox"/> foot-tapping <input type="checkbox"/> finger-drumming <input type="checkbox"/> increased alcohol, drug or tobacco use	<input type="checkbox"/> forgetfulness <input type="checkbox"/> dull senses <input type="checkbox"/> poor concentration <input type="checkbox"/> low productivity <input type="checkbox"/> negative attitude <input type="checkbox"/> confusion <input type="checkbox"/> lethargy <input type="checkbox"/> racing thoughts <input type="checkbox"/> no new ideas <input type="checkbox"/> boredom <input type="checkbox"/> spacing out <input type="checkbox"/> negative self-talk	<input type="checkbox"/> anxiety <input type="checkbox"/> frustration <input type="checkbox"/> the "blues" <input type="checkbox"/> mood swings <input type="checkbox"/> bad temper <input type="checkbox"/> nightmares <input type="checkbox"/> crying spells <input type="checkbox"/> irritability <input type="checkbox"/> depression <input type="checkbox"/> nervous laugh <input type="checkbox"/> worrying <input type="checkbox"/> easily discouraged <input type="checkbox"/> little joy
RELATIONAL <input type="checkbox"/> isolation <input type="checkbox"/> intolerance <input type="checkbox"/> resentment <input type="checkbox"/> loneliness <input type="checkbox"/> lashing out <input type="checkbox"/> hiding <input type="checkbox"/> clamming up <input type="checkbox"/> lowered sex drive <input type="checkbox"/> nagging <input type="checkbox"/> mistrust <input type="checkbox"/> fewer contacts with friends <input type="checkbox"/> lack of intimacy <input type="checkbox"/> using people	SPIRITUAL <input type="checkbox"/> emptiness <input type="checkbox"/> loss of meaning <input type="checkbox"/> doubt <input type="checkbox"/> unforgiving <input type="checkbox"/> martyrdom <input type="checkbox"/> looking for magic <input type="checkbox"/> loss of direction <input type="checkbox"/> needing to prove yourself <input type="checkbox"/> cynicism <input type="checkbox"/> apathy	