Stress Identification Reference Guide

Stress can cause significant problems in the spiritual, mental, and physical well-being of a person. It may be caused by external or internal stimuli, such as violence and abuse, domestic relationship conflicts, job dissatisfaction, divorce, death of a loved one, career changes, and moving your home. Stress is a part of daily life and can't always be avoided.

Physically, the body reacts to stress by increasing production of hormones, heart rate, blood pressure, and metabolism, which may help the body deal with the stressful situation. Unfortunately, stress may continue in a person's life, causing continual physical disturbances. If stress reaches a high enough level, it can disrupts a person's ability to cope.

This reference guide is meant to help you determine an individual's lifestyle habits that may increase the risk of stress-related problems.

Signs and Symptoms of Stress

-General irritiability or depression
-Pounding of the heart
-Dryness of the mouth or throat
-Impulsive behavior
-The overpowering urge to cry, run or hide
-Inability to concentrate
-Feelings of unreality or weakness
-Tendency to become easily fatiqued
-Emotional tension
-Trembling and nervous tics
-Tendency to be easily startled
-High-pitched nervous laughter
-Grinding of the teeth
-Insomnia
-Sweating
-Frequent need to urinate
-Diarrhea, indigestion, or queasiness
-Frequent headaches
-Pain in the neck or lower back
-Loss of or excessive appetite
-Increased smoking
-Alcohol and drug addiction
-Clumsiness and poor coordination

Disclaimer - *This assessment is not intended to diagnose or treat any medical or emotional condition. It is advised that you consult a physician with any concerns regarding this questionnaire.*

Lifestyle Stress Identification Test

0-Never *1-Once in a While*
4-A few times a week *6-Always or daily*

1. Do you eat on the run?
2. Are you plagued by a run down feeling and frequent illness?
3. Are you too tired to exercise?
4. Do you have difficulty sleeping or staying asleep?
5. Do you have difficulty saying no?
6. Do you feel out of control of your life?
7. Do you eat, drink, or smoke when you are nervous?
8. Do you skip meals to lose weight?

0-10 You have healthy habits
11-25 You have average ability to cope with stress.
26-48 Consult with a professional to discuss your lifestyle habits.

As a leading center for the treatment of depression, anxiety disorders, and social phobias, Brookhaven Hospital offers hope and help for people suffering from mental health problems and support for the people who love them. Stress can lead to mental health problems; if your stress level is high, please contact us immediately.

Call us. We can help!
1-800-298-HOPE
www.renewalchristiancare.com

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