

Information from your Patient Aligned Care Team

Early Warning Signs of Stress

The stress reactions below are presented in categories so that they may be more easily recognized. There is no magic number of the symptoms that suggest difficulty in coping. Rather it is the extent to which the reaction is a change (different from a person's normal response) that makes a reaction potentially important. Further, the combination of symptoms can determine the degree of the problem. Indicators may be isolated reactions or combinations among the three categories listed below. Finally, it is their duration (how long the symptoms have been present/how long they last), the frequency of such incidents (how often they happen) and the intensity (strength) with which they are present that suggests the severity of the difficulty. Your healthcare team can teach you ways to improve coping with stress.

Indicators of Difficulty in Coping

Emotional	Behavioral	Physical
Apathy <ul style="list-style-type: none"> ■ The "blahs" ■ Recreation no longer pleasurable ■ Sad Anxiety <ul style="list-style-type: none"> ■ Restless ■ Agitated ■ Insecure ■ Feelings of worthlessness Irritability <ul style="list-style-type: none"> ■ Overly sensitive ■ Defensive ■ Arrogant/argumentative ■ Insubordinate/hostile Mental Fatigue <ul style="list-style-type: none"> ■ Preoccupied ■ Difficulty concentrating ■ Inflexible 	Withdrawal <ul style="list-style-type: none"> ■ Social isolation ■ Work related withdrawal <ul style="list-style-type: none"> ○ Reluctance to accept responsibilities ○ Neglecting Responsibilities 	Preoccupation with illness: intolerant of/dwelling on minor ailments Frequent illness (actually sick) Use of self medication Physical exhaustion
		Acting Out <ul style="list-style-type: none"> ■ Alcohol Abuse ■ Gambling ■ Spending Spree ■ Sexual Promiscuity
	Administrative Infractions <ul style="list-style-type: none"> ■ Tardy to work ■ Poor appearance ■ Poor personal hygiene ■ Accident prone 	
		Legal Infractions, such as <ul style="list-style-type: none"> ■ Indebtedness ■ Shoplifting