

Name _____
Ms. Speiss

Date _____
Period _____

CHECK THIS OUT!

DIRECTIONS: Look at the symptoms of stress listed below. Check ALL the symptoms that have applied or currently apply to you.

Physical Symptoms

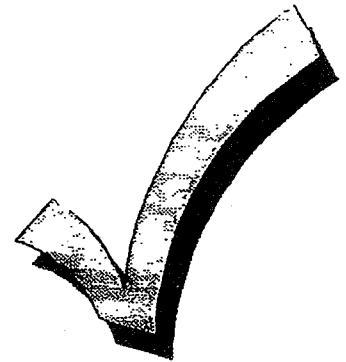
- _____ headaches
- _____ stomach aches
- _____ dizziness
- _____ back pain
- _____ neck stiffness
- _____ ulcer sores on tongue, mouth
- _____ jaw pains
- _____ constipation
- _____ diarrhea
- _____ weight loss or gain
- _____ twitches (eyelids, face)
- _____ weakness
- _____ nausea
- _____ indigestion
- _____ overeating or loss of appetite
- _____ skin problems
- _____ cold hands or feet
- _____ excessive sweating
- _____ chest pains
- _____ inability to sleep
- _____ high blood pressure
- _____ rapid or difficult breathing
- _____ heart palpitations
- _____ frequent urination
- _____ heartburn
- _____ excessive sleeping
- _____ constant fatigue

Emotional Symptoms

- _____ mood changes
- _____ lack of concentration
- _____ nightmares
- _____ panic attacks
- _____ anxiety
- _____ withdrawing from others
- _____ anger
- _____ irritability
- _____ crying
- _____ thoughts of suicide
- _____ depression
- _____ confusion
- _____ feelings of helplessness
- _____ restlessness
- _____ racing thoughts
- _____ aggressiveness

Behavioral Symptoms

- _____ smoking
- _____ nail biting
- _____ tapping
- _____ pulling hair
- _____ grinding teeth
- _____ use of alcohol
- _____ use of medication
- _____ compulsive dieting
- _____ compulsive overeating
- _____ nervous laughter
- _____ pacing
- _____ lateness
- _____ putting things off
- _____ not caring about physical appearance



HUMAN STRESS RESPONSE

GENERAL ADAPTATION SYNDROME

FIGHT OR FLIGHT

Alarm- alarm occurs when you think that you are facing a challenge. The body releases stress hormones, which activate the nerves and all systems.

More than 1400 physiochemical changes taking place

Resistance is a state of speeding up functioning. The stress hormones continue to flow, causing muscles to contract and other body functions to shut down.

Person can give the appearance of normalcy but the body's internal functioning is not normal.

Recovery-recovery occurs when stress ceases to affect the body. Body functions return to normal

Exhaustion occurs when stress continues to affect you without a break and your body stays in overdrive for too long. Your resistance finally breaks down. Then recovery is delayed or becomes impossible.