



Check Your Stress Level!

Signs and Symptoms of Stress and Being Overwhelmed.

When did we forget that stress is the body's way of warning us something is out of kilter? Take this short "stress test" if you're still not sure it's time to stop all the talking and do something about it.

High stress levels

- I have constant and recurring pain
- I am unable to recover from sickness or injury
- I have scattered and obsessive thoughts
- Constant worry and feeling overwhelmed
- Holding my breath
- Digestive disturbances
- Cannot find time for myself
- Feelings of anxiety
- I often lose perspective
- I feel irritable & on edge
- My home/work balance is suffering
- I have sleep problems
- I feel like I'm operating in survival mode

Now don't get stressed out about stress! Events and situations (the traffic, the deadlines, the bills, etc.), don't cause the damage; our negative reaction to these events –how we feel –do. And how we react is something we can change.

