

COGNITIVE SIGNS

Difficulty making decisions
Confused thinking
Increased forgetfulness
Negative thinking/self-talk
Fear of rejection
Defensiveness
Poor concentration
Can't "turn brain off" to sleep

EMOTIONAL SIGNS

Anxiety	Loss of joy
Panic attacks	Loss of confidence
Irrational fear	Irritability
Sadness	
Moodiness	
Feeling isolated	
Loss of libido	

RECOGNIZE THE SIGNS of STRESS

PHYSICAL SIGNS

Muscle tension
headaches
Sleep disturbance
Rapid pulse
Nausea
Increased sweating
Dizziness
Breathlessness
Chest pain

Digestive issues
Flushing
Fainting



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BEHAVIORAL SIGNS

Appetite changes	Change in sleep
Impatience	Increased alcohol and substance abuse
Carelessness	Aggression
Low energy	
Avoidance	

Our bodies send us signals during challenging times to indicate that something may be wrong. When you notice a combination of these signs, pause what you're doing, take a deep breath, and reach out for support from a loved one or trusted friend.