

## 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

## BEHAVIORAL SIGNS

Appetite changes  
Impatience  
Carelessness  
Low energy  
Avoidance

Change in sleep  
Increased alcohol  
and substance  
abuse  
Aggression



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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.