

ACTIVITY

Below follows a list of signs and symptoms related directly or indirectly to stress (source: Palmer, S & Dryden, W. (2000). *Counselling for Stress Problems*. London: Sage). To determine which items apply to you, use the following scoring system:

5 (almost always) 4 (often) 3 (sometimes) 2 (almost never) to 1 (never), according to how much of the time each statement applies to you.

Consider those items you have marked **5 (almost always)** or **4 (often)** as your *personal stress (related) symptoms*.

Biology/drugs	5	4	3	2	1
• Use of drugs, stimulants, alcohol, tranquillizer					
• Diarrhoea/constipation/flatulence (winds)					
• Frequent urination					
• Allergies/skin rash					
• High blood pressure/coronary heart disease (angina heart attack)					
• Epilepsy					
• Dry skin					
• Chronic fatigue/exhaustion/burnout					
• Cancer					
• Diabetes					
• Rheumatoid arthritis					
• Asthma					
• Flu/common cold					
• Lowered immune system					
• Poor nutrition, exercise and recreation					
• Headaches					
• Feeling weakness in parts of body					

• Nausea, upset stomach, and other gastrointestinal problems					
• Soreness in muscles					
• Pains in chest					
• Tremors					
• Lower back pain					
• Fatigue					
• Feeling a 'lump in the throat'					
• Increase in allergies colds and flu					

Sensations	5	4	3	2	1
• Tension					
• Headaches					
• Palpitations					
• Rapid heart beat					
• Nausea					
• Tremors					
• Aches/pains					
• Dizziness/feeling faint					
• Indigestion					
• Premature ejaculation/erectile dysfunction					
• Butterflies in the stomach					
• Spasms in stomach					
• Numbness					
• Dry mouth					
• Cold sweat					

• Clammy hands					
• Abdominal cramps					
• Sensory flashbacks					
• Pain					

Emotions/feelings	5	4	3	2	1
• Anxiety					
• Irritability, restlessness, moodiness, periods of crying					
• Anger and blaming					
• Feelings of apathy, diminished interest in usual activities					
• Feelings of isolation, detachment and estrangement					
• Denial of feelings					
• “Flashbacks” or intrusive memories of event					
• Recurrent dreams of the event or other trauma					
• Other sleep problems					

Imagery	5	4	3	2	1
Images in your mind’s eye (in jou geestesoo):					
• Helplessness					
• Isolation/being alone					
• Losing control					
• Accidents/injury					
• Failure					
• Humiliation/shame/embarrassment					
• Self and/or others dying/suicide					

• Physical/sexual abuse					
• Nightmares/distressing recurring dreams					
• Poor self-image					

Behaviour	5	4	3	2	1
• Alcohol/drug abuse					
• Avoidance phobias					
• Sleep disturbances/insomnia					
• Increased nicotine/caffeine intake					
• Restlessness					
• Loss of appetite/overeating					
• Anorexia bulimia					
• Aggression/irritability					
• Poor driving					
• Accident proneness					
• Impaired speech/voice tremor					
• Poor time management					
• Compulsive behaviour					
• Tics spasms					
• Nervous cough					
• Low productivity					
• Withdrawing from relationships					
• Clenched fists					
• Teeth grinding					

• Type A behaviour e.g. talking/walking/eating faster/competitive/hostile					
• Increased absenteeism					
• Decreased/increased sexual activity					
• Eat, walk, talk faster					
• Sulking behaviour					
• Frequent crying					
• Unkempt appearance					
• Poor eye contact					

Interpersonal	5	4	3	2	1
• Passive/aggressive in relationships					
• Timid/unassertive					
• Loner					
• No friends					
• Competitive					
• Put other's needs before own					
• Sympathetic towards others					
• Withdrawn					
• Makes friends easily/difficulty					
• Suspicious/secretive					
• Manipulative tendencies					
• Gossiping					