Stress Reaction

DIRECTIONS: Place a checkmark before the questions below that are true about yourself and/or your reactions. If there are other factors causing stress in your life, write them in the spaces provided.

**Alarm Phase**

_____ Do you get irritated by others easily?
_____ Have you said or done something recently that you wish you hadn’t?
_____ Do you sometimes wonder why you over-react?
_____ Can others tell that you are nervous or impatient?
_____ Do you smoke cigarettes to relax or when you are upset?
_____ Other: ______________________________________

**Resistance Phase**

_____ Do you clench your jaw, grind your teeth, or have neck pain?
_____ Do you drink alcohol during the week?
_____ Do you need stimulants (like caffeine) for energy?
_____ Have you tried drugs (like marijuana) to temporarily escape?
_____ Have you tried drugs (like ecstasy) in order to experience pleasure?
_____ Are you experiencing sleep problems?
_____ Are you tired most of the time?
_____ Other: ______________________________________

**Exhaustion Phase**

_____ Do you seem to have numerous allergies?
_____ Have you gained or lost weight without trying since you started college?
_____ Are you usually sick when others are healthy?
_____ Do you have high blood pressure?
_____ Do you have high cholesterol?
_____ Have you wondered if all your efforts are “worth it”?
_____ Have you lost interest in the things that you once enjoyed?
_____ Other: ______________________________________
EVALUATION: Note the areas where you placed the most checkmarks. If most of them were in the *Alarm Phase*, then you might want to think of alternate ways to react initially to stress. If you marked more checkmarks in the *Resistance Phase*, you could be ignoring parts of your life that are important. Sometimes the things we do to escape stress only make the situation worse. If you marked many in the *Exhaustion Phase*, then your health may be suffering. It is time to take some serious action in making life more enjoyable, even if it means temporarily setting your goals a little lower. If you ignore the warning signs, then the problem will simply become worse. In order to manage stress, you must control it!