

Undue thoughts of being under pressure

No new ideas

Low productivity

Boredom

Whirling mind

Negative attitude

Poor concentration

Forgetfulness

Lapses in memory

Confusion

Spacing out

Loss of self-confidence

High blood pressure

Insomnia

Dull senses

Fatigue

Teeth grinding

Restlessness

Weight change

Accident prone

Tired

Colds/Flu

Use of more alcohol, drugs, & tobacco

Finger Drumming

Pounding Heart

Headaches

Muscle tension, aches

Change in Appetite

Rash

Foot tapping

Slouching while sitting or standing

Upset stomach

Loss of direction

Feeling Unloved

Feeling Neglected

Perfectionism

Needing to "prove self"

"I don't care about anything" attitude

Cynicism

Feeling unconnected

Loss of meaning

Empiness

Feeling Abandoned

Doubt

Martyrdom (suffering or pretending to suffer to get pity)

I don't belong

Unforgiving

"No one cares"

Anxiety

Worrying

Mood swings

Looking for Magic

The "Blues"

Little Joy

Depression

Easily discouraged

Resentment

Bad temper

Nightmares

Irritability

Frustrated

Hiding

Isolation

Nagging

Nervous Laughter

Frustration

Loneliness

Distrust

Oppressed

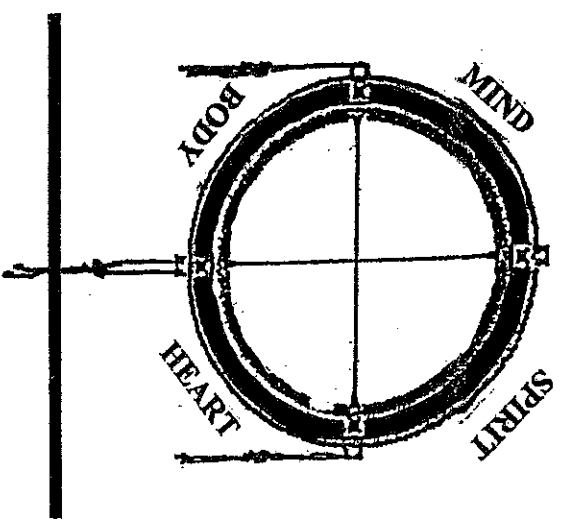
Lashing out

Less contact with friends

Clamming up

Using people

# STRESSED OUT!!!



Gaanan de we o dis | ^Yethi Yenahwahse  
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