



Pierrette Desrosiers
PSYCOACHING

Cultivate
the best
in people
and harvest
success
in business



Pierrette Desrosiers, M.Ps.

Work psychologist

Speaker . Coach

pierrettedesrosiers.com

T 819 849.9016

pierrette@pierrettedesrosiers.com

849, rang 10

St-Herménégilde, QC

J0B 2W0

Tool - STRESS ALARM SIGNALS

To take control of your stress, you first have to know how to recognize it. Stress affects the mind, body and behaviour in various ways. Specific stress indicators and symptoms vary greatly among people and from time to time for the same person. Some people primarily experience physical symptoms such as diarrhea or headaches. Others feel the stress at the emotional level with hypersensitivity, depression or anxiety, for example. Finally, some people are affected in their way of thinking and their behaviour: they may drink and smoke more.

The following table lists the most common stress indicators and symptoms. Use it to identify the symptoms you suffer when you are under stress. If you learn how to recognize these alarm signals, you can better prepare yourself to manage your emotions before you lose control. You can also identify the intensity from 1 (slight) to 3 (very significant) for the most obvious symptoms.

You have to know how to identify and accept stress and act accordingly. Take the first step.

PHYSICAL SYMPTOMS	BEHAVIOURAL SYMPTOMS
<ul style="list-style-type: none"> • Migraines and headaches • Heartburn • Sweaty palms • Insomnia • Dizziness • Indigestion • Stiff neck and shoulders • Chronic fatigue • Ringing in the ears • Elevated heart rate • Respiratory difficulty • Increased perspiration • High steroid levels • Backache 	<ul style="list-style-type: none"> • Excessive use of tobacco • Escaping with the aid of alcohol • Escaping with the use of drugs • Aggressive behaviour • Sexual problems (more or less libido) • Weight loss or gain • Change in physical appearance • Becoming very authoritarian • Criticizing others • Change in eating habits • Procrastination, avoiding responsibilities • Abusing alcohol, cigarettes and medication for relaxing • Over-activity in certain areas (sports, shopping) • Nervous habits (biting fingernails)



Pierrette Desrosiers
PSYCOACHING

Cultivate
the best
in people
and harvest
success
in business



Pierrette Desrosiers, M.Ps.
Work psychologist
Speaker . Coach

pierrettedesrosiers.com

T 819 849.9016

pierrette@pierrettedesrosiers.com

849, rang 10
St-Herménégilde, QC
JOB 2W0

EMOTIONAL SYMPTOMS	COGNITIVE OR INTELLECTUAL SYMPTOMS
<ul style="list-style-type: none">• Constant crying• Nervousness, anxiety• Feeling depressed• Boredom• Psychological distress• Apathy• Mental fatigue• Irritability• Lowered self-esteem• Anger and hatred toward others• Dissatisfaction with work• Discontent	<ul style="list-style-type: none">• Difficulty thinking clearly• Inability to make decisions, or difficulty making them• Poor judgment• Loss of concentration• Memory problems• Hypersensitivity to criticism• Constantly worried• Loss of sense of humour• General pessimism• Loss of objectivity and judgment• Negative expectations