

Stress Exhaustion Symptoms

Occupational Therapy

Physical	Emotional	Mental	Socio-cultural	Spiritual
<input type="checkbox"/> ↑ heart rate <input type="checkbox"/> ↑ blood pressure <input type="checkbox"/> ↑ cholesterol levels <input type="checkbox"/> ↑ respiratory rate/ hyperventilation <input type="checkbox"/> ↑ sweating <input type="checkbox"/> ↑ urination <input type="checkbox"/> ↑ fatigue <input type="checkbox"/> ↓ sex drive <input type="checkbox"/> ↑↓ sleep – nightmares <input type="checkbox"/> ↑↓ appetite <input type="checkbox"/> weight changes <input type="checkbox"/> ↑ substance use <input type="checkbox"/> ↑ muscular tension i.e. neck / back <input type="checkbox"/> headaches <input type="checkbox"/> dry mouth / throat <input type="checkbox"/> teeth grinding <input type="checkbox"/> nausea / indigestion / vomiting <input type="checkbox"/> diarrhea <input type="checkbox"/> twitching / trembling restlessness – tapping, finger drumming	<input type="checkbox"/> mood swings <input type="checkbox"/> anxiety – nervous laugh, worry <input type="checkbox"/> discouragement <input type="checkbox"/> the 'blues' / depression <input type="checkbox"/> crying spells <input type="checkbox"/> ↓ joy <input type="checkbox"/> grief <input type="checkbox"/> irritability <input type="checkbox"/> short temper / fuse <input type="checkbox"/> frustration <input type="checkbox"/> anger <input type="checkbox"/> jealousy <input type="checkbox"/> feeling sorry for self <input type="checkbox"/> powerlessness	<input type="checkbox"/> numbness / dulled senses <input type="checkbox"/> boredom <input type="checkbox"/> lethargy <input type="checkbox"/> ↓ attention <input type="checkbox"/> ↓ concentration <input type="checkbox"/> ↓ creativity <input type="checkbox"/> ↓ productivity <input type="checkbox"/> ↓ decision-making <input type="checkbox"/> ↓ memory <input type="checkbox"/> forgetfulness <input type="checkbox"/> suspiciousness <input type="checkbox"/> frequent 'spacing out' <input type="checkbox"/> negative attitude / self-talk <input type="checkbox"/> racing thoughts <input type="checkbox"/> poor judgment	<input type="checkbox"/> hiding <input type="checkbox"/> withdrawal <input type="checkbox"/> isolation <input type="checkbox"/> loneliness <input type="checkbox"/> ↓ emotional intimacy <input type="checkbox"/> clamming up <input type="checkbox"/> nagging <input type="checkbox"/> lashing out <input type="checkbox"/> intolerance <input type="checkbox"/> mistrust <input type="checkbox"/> resentment <input type="checkbox"/> using people	<input type="checkbox"/> apathy – "I don't care" <input type="checkbox"/> loss of meaning <input type="checkbox"/> loss of direction <input type="checkbox"/> emptiness <input type="checkbox"/> cynicism <input type="checkbox"/> need to 'prove' self <input type="checkbox"/> unforgiving <input type="checkbox"/> doubt