

# Behavioral Signals of Distress

Difficulty falling/staying asleep	Trouble sitting still	Flying off the handle
Lack of patience	Constantly talking	Impulsive, spur-of-
Increased irritability	Smoking many cigarettes	the-moment actions
More sarcastic or insulting	Using more alcohol or drugs than usual	Irrational actions
More critical	Difficulty completing tasks	Stuttering/stumbling
Constant arguments	Trouble reading, watching TV or movies	speech
Picking on other people	Not wanting to talk to people	Slow recovery from a
Quick mood changes	Sleeping more than usual	stressful event
Jumpiness	Doing things to "escape"(sleep, drugs, TV)	Missing appointments
Avoiding other people	Decreased grooming or hygiene	Procrastination
Easily frustrated	Decreased physical activities	Avoiding social
Nightmares	Increased physical activities	gatherings
Pacing	Increased medical appointments	Eating more
Rushing around		

# Physical Signals of Distress

Indigestion	Upset stomach
Increased sweating	"Butterflies" in stomach
Wet palms	Knot in stomach
Headache	Loss of appetite and weight loss
Frowning or furrowed facial expression	Backache
Clenched jaw	Chronic fatigue
Teeth grinding	Frequent need to urinate
Lump in the throat	Diarrhea
Dry mouth or throat	Decreased sexual drive
Muscle tension or pain in neck or shoulders	Foot jiggling
Clenched fists	Toe tapping
Finger tapping	Difficulty sitting still
Nail biting	Cold hands or feet
Trembling or twitching	Increased breathing rate
Pounding heart	Shallow breathing
Palpitations	Shortness of breath
Twitching	Feelings of pressure or pain in chest

# Emotional(Feelings) Signals of Distress

Feeling like hitting someone or something  
Feeling tied up in knots  
Consistent feelings of anger  
Feeling “woozy”  
Feeling like running away or getting away from things  
Feeling impatient with oneself or others  
Feeling out of control  
Feeling all “wound up”  
Emotional ups and downs  
Feeling like crying  
Feeling like shouting or screaming  
Fearfulness –  
    About the future  
    About others disapproving of you  
    About doing something wrong  
    About losing control of oneself  
    That something terrible is going to happen

# Cognitive Signals of Distress

Intrusive thoughts  
Unable to find the right words  
Trouble remembering things  
Mind goes blank  
Trouble making decisions  
Trouble concentrating  
More easily distracted  
Preoccupation with the same thoughts  
Disorganized thoughts  
Fuzzy or foggy thinking  
Thoughts seem unclear  
Belittling oneself  
Preoccupation with one’s health  
Ruminating about real or imagined slights