

RECOGNIZING STRESS REACTIONS



ALZHEIMER'S
RESEARCH & PREVENTION
FOUNDATION™
a 501(c)(3) charitable organization

Physical Symptoms

- Blushing
- Dizziness
- Clammy hands
- Upset stomach
- Rapid heart rate
- High blood pressure
- High cholesterol level
- General feeling of “ill-health”
- Excessive smoking or drinking
- Localized muscle tension or pain
- Decrease in level of sexual activity
- Loss of energy; feeling tired and jittery
- Headaches more frequently than usual
- Significant changes in bowel movements
- Excessive weight, or sudden weight gain
- Frequent unexplained earaches or toothaches
- More susceptibility to colds and flu than usual
- Any unintended weight loss, or loss of appetite
- Suffering from more body aches and pains than usual
- Difficulty in getting to sleep, or waking up during the night
- Sudden change in appearance (complexion, hairstyle, dress)
- Changes in body's homeostatic functions (pulse rate, temperature, or respiration—breathing difficulty)

Psychological Symptoms

- Boredom
- Increased day-dreaming
- Feeling of powerlessness
- Inability to organize oneself
- Feeling increasingly isolated
- Increased restlessness or agitation
- Inner confusion about duties and roles
- Over concern about other peoples' opinions
- Irritability or moodiness with normal conditions
- View your colleagues with less trust and respect
- Tendency to become distraught with minor things
- Dissatisfaction with job or other normal conditions
- Increased hostility or anger with normal conditions
- Forgetting things more often or thought blockages
- Depression—lowering of self-esteem and self-worth
- Feeling guilty about neglecting your family or friends
- Decline or difficulty in concentration; inattentiveness

- Irrational thoughts about one's self; "put-down" statements
- Thoughts that your subordinates are trying to sabotage you
- More thoughts related to failure or an inability to perform effectively
- Feeling like you cannot accomplish what you must in an eight hour day

Performance Symptoms

- Absenteeism
- Erratic judgments
- Ineptness in social situations
- Short fuse with others at work
- Wheel-spinning your time away
- Failure to meet deadlines as usual
- More complaining than usual about job
- Oversights and mistakes more frequently
- Frequent job changes – unhappiness with work
- Lack of organization – more confused than usual
- Using holiday or vacation time to catch-up on work
- Complaints from spouse or employees of being ignored
- People you see socially are exclusively work associates
- Lack of enthusiasm & vitality – more listless & carefree
- Decreasing ability to perform at maximum at different tasks
- Dropping recreational activities to allow more time for work
- Putting things off more and more; immobilized to act on matters
- Change or succession of changes in personal & professional life style
- Avoiding specific situations of activities, phobias about specific things
- Vacillating more on decisions, unable to reach a decision expeditiously
- Miss planned events, family/business meetings, because of busy schedules
- Hampered vertical and horizontal communications, inability to communicate as effectively as usual; more superficial communications

The ARPF is pleased to share this information with you. To learn more about The 4 Pillars of Alzheimer's Prevention®, including Stress Management, please visit us at:

- www.alzheimersprevention.org
- <https://www.facebook.com/PreventAD>
- <https://twitter.com/PreventAD>
- www.youtube.com/user/preventalzheimers