

# Early Warning Symptoms

Symptom	Freq.	Symptom	Freq.
Increased Heartrate/Pulse		Skin Flushed/Paled	
Clammy Palms		Increased Sweating	
Throat or Chest Tightness		Changes in breathing: Heavier/Deeper/Shallower	
Lightheaded/Dizzy		Dry Throat	
Throat/Lips Tight with Weak Voice		Extremely Thirsty	
Body Feels like it's Overheating		Prickly Sensations	
Clenched Teeth		Tensed Neck, Back, Jaw	
Twitching Eye or Mouth Muscles		Eyes Bulging	
Veins Pronounced		Rapid Blinking	
Difficulty Seeing or Hearing		Ear Ringing	
Hair Standing Up		Stomach Ache	
"Butterflies" in Stomach		Hand or Body Tremors	
Nausea/ Vomiting		Headache	
Increased Urination		Constipation or Diarrhea	
Change in energy levels: More Tired/Lethargic or Hyper/Restless		Change in appetite: Hungrier or Less Hungry	
Increased Substance Use: Smoking, Drinking etc.		Other:	

## HOW OFTEN DO YOU EXPERIENCE THE ABOVE SYMPTOMS WHEN YOU ARE UNDER STRESS?

- 1- Always
- 2- Sometimes
- 3- Rarely
- 4- Never

This is an inventory of stress symptoms you are historically familiar with experiencing.

If you suddenly develop physical symptoms with an unknown cause, or an increase in previous symptoms, please seek medical advice.