

The Progressive Stages of Stress Chart

Phases	Signs and Symptoms
Phase 1 the warning signs	<i>occasional:</i> <ul style="list-style-type: none">• sleep disturbances• headaches• lower back ache/aches and pains in joints• gastro-intestinal disturbances energy depletion 'the blues'—more than usual
Phase 2 the appearance of symptoms	<i>regular</i> <ul style="list-style-type: none">• sleep disturbances• headaches• lower back ache/aches and pains in joints• gastro-intestinal problems• tiredness—both physical and emotional elevated anxiety cynicism and apathy discord with others agitation/irritability carelessness/forgetfulness increase in smoking, coffee and alcohol consumption
Phase 3 severe stress reactions	<i>greater susceptibility to illness</i> <ul style="list-style-type: none">• migraines• chronic gastro-intestinal problems• ulcers• heart conditions• asthma insomnia or hypersomnia withdrawal/seclusion arthritis depression intense anxiety inability to perform one's job or manage one's personal life uncontrolled anger personality change