

STRESS ASSESSMENT PART 1: SYMPTOMS (a.k.a. red flags)

The same STRESS that drives you to be a high achiever, leader and influencer is the very same that will bring you to your knees. Juggling jammed schedules, travel, Boards, shareholders, the media, employees' wellbeing and stacks of emails and expectations wreaks havoc on your body, mind, family, and place in society. Add to that countless other roles like spouse, son, friend and parent... and performance burnout or a total break-down is bound to happen. Society may say you're not supposed to show or share the physical, mental, emotional, social and spiritual SYMPTOMS stemming from the growing CHALLENGES in your life... but the signs are already there.

HIGHLIGHT WHAT YOU'VE BEEN TOLERATING, MASKING OR TRYING TO FIX WITH A BAND-AID

MOOD SWINGS REPEATING POOR DECISIONS DISCONNECT W/ FRIENDS
 UNSTABLE MARRIAGE LONELINESS LOW MORALE APATHY
 ALWAYS FEELING RUSHED WEAK IN JOINTS NOT FEELING ENCOURAGED
 STAGE FRIGHT/PRESENTATION ANXIETY POOR MEMORY NO APPETITE
 CONSTANT GUILT CONSTANT OVERTHINKING/ANALYSIS PARALYSIS
 LOW SELF-ESTEEM REPETITIVE STRESS INJURY INABILITY TO SAY "NO"
 MIGRAINES SNORING DIFFICULTY ADAPTING TO CHANGE
 FEELING OVERWHELMED BREATHING PROBLEMS HIGH BLOOD PRESSURE
 "BAD HABITS" USE OF MEDICATIONS DEPRESSION FEAR OF SUCCESS
 CONSTANT FATIGUE OCD ISSUES LOW TOLERANCE LEVEL
 OVERWEIGHT TEETH GRINDING DISTRACTED BY SOCIAL MEDIA
 HOLDING GRUDGES LACK OF FAITH CONSTANT NEED TO PROVE SELF
 POOR JUDGEMENT BURNOUT NOT AT PEACE MORNING ANXIETY
 FEELINGS OF FAILURE CONVERSATION UN-EASE LOW PRODUCTIVITY
 OVEREATING CYNICISM HEART PALPITATIONS INABILITY TO PRIORITIZE
 LACK OF FOCUS WORKOUT PLATEAUS FEELING STUCK/IN A RUT
 LACK OF CONFIDENCE BOREDOM ALLERGIES FORGETFULNESS
 SWEATING/HOT FLASHES NO CREATIVE JUICES FLOWING RELIANCE ON
 CHEMICALS/DRUGS ACHES & PAINS INABILITY TO COMPLETE TASKS
 NO APPETITE GOAL AMBIGUITY NO SENSE OF HUMOR LOW ENERGY
 POOR BODY IMAGE IRRITABILITY INDECISIVENESS
 ALWAYS COLD/THIRSTY MENTAL BLOCKS INABILITY TO HANDLE CONFLICT
 LOSS OF INTEREST IN SOCIAL ACTIVITIES HYPERSENSITIVITY INSOMNIA
 UNMOTIVATED MICROMANAGING UNREALISTIC EXPECTATIONS OF OTHERS/SELF
 JOB DISSATISFACTION DIGESTIVE PROBLEMS LOW SEX DRIVE/LIBIDO
 PERFECTIONISM RELIANCE ON ALCOHOL INABILITY TO RELAX/HAVE FUN!
 ACCIDENT-PRONE FREQUENT COLDS DISCONNECT WITH KIDS
 CONSTANT COMPARISON OF SELF TO OTHERS/YOUNGER SELF
 NEGATIVE ATTITUDE RASHES ALWAYS COMPETING/FEELING GUARDED

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