

# Early Warning Signs

- Following exposure to extreme stressors, understanding our individual early warning signs can help pinpoint what to look for before working on lowering a stress reaction.
- Warning signs can be physical, emotional, cognitive, and/or behavioral.
- If we are able to recognize our stress signals early, the stress response can be managed before it becomes unmanageable.

## Examples of Early Warning Signs

<b>Physical</b>	Rapid breathing & difficulty breathing Rapid heartbeat Sweating Joint and muscle pain Dizziness
<b>Emotional</b>	Fear Powerlessness Guilt Shame Rage and/or anger Numbness Sadness or depression
<b>Cognitive</b>	Poor concentration Disorientation Preoccupation with traumatic memories Thoughts of self-harm Poor memory
<b>Behavioral</b>	Jumpiness or being easily startled Withdrawn Poor appetite Nightmares Moodiness Accident prone Easily loses items

**Early Warning Signs - Exercise #1**

What are your signs?

**Physical:** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

**Emotional:** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

**Cognitive:** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

**Behavioural:** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

