

# The Progressive Stages of Stress Chart

Phases	Signs and Symptoms
<h2>Phase 1</h2> <p>the warning signs</p>	<p>occasional:</p> <ul style="list-style-type: none"><li>• sleep disturbances</li><li>• headaches</li><li>• lower back ache/aches and pains in joints</li><li>• gastro-intestinal problems</li></ul> <p>energy depletion</p> <p>'the blues'—more than usual</p>
<h2>Phase 2</h2> <p>the appearance of symptoms</p>	<p>regular:</p> <ul style="list-style-type: none"><li>• sleep disturbances</li><li>• headaches</li><li>• lower back ache/aches and pains in joints</li><li>• gastro-intestinal problems</li><li>• tiredness—both physical and emotional</li></ul> <p>elevated anxiety</p> <p>cynicism and apathy</p> <p>discord with others</p> <p>agitation/irritability</p> <p>carelessness/forgetfulness</p> <p>increase in smoking, coffee and alcohol consumption</p>
<h2>Phase 3</h2> <p>severe stress reactions</p>	<p>greater susceptibility to illness:</p> <ul style="list-style-type: none"><li>• migraines</li><li>• chronic gastro-intestinal problems</li><li>• heart conditions</li><li>• asthma</li></ul> <p>insomnia or hypersomnia</p> <p>withdrawal/seclusion</p> <p>arthritis</p> <p>depression</p> <p>intense anxiety</p> <p>inability to perform one's job or manage one's personal life</p> <p>uncontrolled anger</p> <p>personality change</p>