

# Is it **S-T-R-E-S-S** ...

## And If It Is ... Does It Matter?

### *In Junior High & High School ?*



The List below was researched and developed by the U.S. Army. The list of **28 Stress Indicators** below left is time-tested and well documented. This list **cannot and does not** pretend to **predict** who the next School Shooter is. But when one or more, usually several of these **indicators in YOU** begin to **increase in frequency or intensity around the same person or group** -- letting someone (a parent, teacher, counselor, administrator) know about it, could make a **big preventive difference**. **Most of the time, it will be nothing like Parkland, Santa Fe or other places.** If enough people pay just a little more attention, **for the other times ...**



1. Were or are you worried, even a little?
2. Were or are you keyed up?
3. Were or are you, even slightly, "expecting the worst"?
4. Were or are you irritable, even just a bit?
5. Were or are you jumpy? Or fidgety? Or trembling?
6. Were or are you tense?
7. Any aches or pains?
8. Felt/feel like complaining?
9. Easily bothered?
10. Harder to focus or remember details?
11. Mouth dry?
12. Eyes were/are not focusing perfectly?
13. Felt/feel your heart pounding?
14. Felt/feel dizzy? Lightheaded?
15. Hard(er) to communicate (than usual)?
16. Couldn't/didn't think quite so clearly?
17. Out of breath?
18. Breathing rapid?
19. Toes or fingers tingly or numb?
20. Trouble sleeping?
21. Bad dreams?
22. Upset stomach? Nausea?
23. Felt/feel like crying?
24. Blame(d) yourself for errors?
25. Blame(d) yourself for making unpopular decisions?
26. Angered that others (in authority) let you down?
27. Tired? Drained? To move requires/d lots of effort?
28. Confidence low? Loss of faith in self or group?



***In Junior High & High School ...***  
***Any one of the 28 at left***  
***means, when present,***  
***you were or are under***  
***STRESS!***

***Stress makes you***  
***vulnerable to any of the***  
***following with little***  
***advance warning:***

- \* Destructive acts***
- \* Reckless acts***
- \* Dishonest acts***
- \* Negligent acts***
- \* Ignored duties***

△ STRESS is the condition that results when Person <--> Environment Transactions lead the individual to perceive a discrepancy, whether real or not, between the Demands of a situation and the Resources of the Person's Biological, Psychological or Social Systems.