

Signs of Emotional Discomfort

When stressed and agitated, we are more likely to react quickly and without thinking things through. However, the chronic discomfort—or *agitation*—that often preempts rash thinking does not usually appear out of the blue. With practice, we can see it coming (Schoen & Loberg, 2014).

Use the following table to spot the signals that suggest we are becoming more agitated and responding poorly to life events (modified from Schoen & Loberg, 2014).

Validate the following statements and add any thoughts or comments you would like to capture:

Statement	True – yes/no?	Thoughts
I constantly check my emails, messages, and notifications.	/	
When I unexpectedly have some free time, I quickly reach for my phone.	/	
I get agitated when waiting in a queue.	/	
I look for reasons to stay up rather than go to bed.	/	
I am uncomfortable if I don't make myself busy at the weekends.	/	

Statement	True – yes/no?	Thoughts
I find it difficult to slow down.	/	
I reach for food to calm me when I am uneasy.	/	
I am not comfortable with idle, unstructured time.	/	
I walk and drive fast even when I am not late for something.	/	
I am impatient even when I am not in a rush.	/	

If several of the statements are true, you are likely to be in a constant state of agitation or emotional discomfort.

Find time to practice relaxation and learn to enjoy less structured or hectic free time.

References

- Schoen, M., & Loberg, K. (2014). *Your survival instinct is killing you: Retrain your brain to conquer fear and build resilience*. New York, NY: Plume, published by the Penguin Group.