

How Does Change Affect You?

What reactions do **you** have to changes in your life?

Physical:

- Weight loss or gain
- Headaches
- Ulcers
- Insomnia
- Muscle Tension

Emotional:

- Anger and frustration
- Sadness
- Listlessness
- Fear
- Excitement
- Anxiety

Intellectual:

- Loss of memory
- Less clarity of thought
- Poor decision making ability
- Seeking constant intellectual stimulation

Spiritual:

- Loss of purpose
- Feeling a drift
- Lack of peacefulness
- Questioning Values
- Loss of Direction