

Just my two cents: You may be stressed if...

Posted by [Elizabeth Brummond \[SA\]](#) Aug 1, 2014

Thirteen signs you may need to consider ways to [de-stress](#):

1. Exercise is looking for the TV remote.
2. You begin to explore the possibility of setting up an I.V. drip solution of espresso.
3. TV infomercials entertain you.
4. You talk to the TV – and it talks back.
5. You wonder if brewing is really a necessary step in the consumption of coffee.
6. You ask the drive-thru attendant if you can get your order to go. (This one takes a second to get).
7. Your heart beats in 7/8 time.
8. It appears that people are speaking to you in binary code.
9. Antacid tablets become your sole source of nutrition.
10. You discover the aesthetic beauty of office supplies.
11. You begin to talk to yourself, then disagree about the subject, get into a nasty row over it, lose, and refuse to speak to yourself for the rest of the day.
12. You have an irresistible urge to bite the noses of the people you are talking to.
13. You spend all night in internet chat rooms, having "deep" conversations.

Let the conversation start... when do you know if you're too stressed?

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[Jonathan Maybaum](#)

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14. You haven't eaten a breakfast at home before leaving for work even once in the past year..
15. You confuse the names of your customers with the names of your friends (or even family!)
16. People eye your second can of energy drink for the day and give you a concerned look.
17. You can't have a decent break without actually leaving the building/premises.
18. Dinner every night is "played by ear".

And on and on...



[Joseph Lippman](#)

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When you yell at the Red Light and ask why it's red... expecting an answer or for it to suddenly turn green just for you.