

# 65 SIGNS & SYMPTOMS OF Stress

## COGNITIVE SYMPTOMS

- Inability to concentrate
- Seeing only the negative
- Anxious or racing thoughts
- Difficulty in decision-making
- Trouble learning new information
- Constant worrying
- Nightmares
- Guilt
- Poor judgment
- Forgetfulness, disorganization

## EMOTIONAL SYMPTOMS

- Depression, general unhappiness
- Low self-esteem - lonely, worthless
- Overwhelmed, like losing control
- Frequent crying spells, suicidal thoughts
- Moodiness
- Apathy
- Irritability, short temper
- Agitation, inability to relax

## PHYSICAL SYMPTOMS

- Nervousness, shaking
- Weakness, fatigue
- Twitching, tremors
- Aches, pains, tense muscles, muscle spasms
- Diarrhea or constipation
- Nausea, dizziness, light-headed
- Chest pain, palpitations, rapid heartbeat
- Frequent colds and infections
- Loss of sex drive/ability
- Excess belching, flatulence
- Unexplained "allergy" attacks
- Weight gain/loss without change in diet
- Ringing, buzzing, popping sounds
- Cold or sweaty hands/feet
- Dry mouth, difficulty swallowing
- Clenched jaw, grinding teeth
- Hair loss
- Acne
- Rashes, itching
- Numbness
- Hot/cold waves
- Sweating
- Tingling
- Low energy
- Headaches
- Insomnia
- Heartburn
- Panic attacks
- Sense of vomiting
- Frequent urination
- Difficulty breathing

## BEHAVIORAL SYMPTOMS

- Changes in appetite
- Sleeping too much, too little
- Social withdrawal, isolation
- Aggression, hostility
- Overreactions
- Defensiveness, suspiciousness
- Problems in communication
- Obsessive or compulsive behavior
- Nervous habits (nail biting, fidgeting, pacing)
- Low interest in appearance, punctuality
- Stuttering, rapid or mumbled speech
- Procrastinating, neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Lies/excuses to cover up poor work
- Increased number of minor accidents
- Excessive gambling, impulse buying