

## Some Symptoms of Stress:

### Physiological Symptoms of Stress

- Muscle tension in jaw / forehead
- Upset stomach
- Dry throat
- Fatigue
- High blood pressure
- Grinding of the teeth
- Headaches
- Indigestion
- Muscle aches
- Pounding of the heart
- Shortness of breath
- Constipation or diarrhea
- Low energy
- Frequent colds

### Behavioral Symptoms of Stress

- Increased smoking
- Increased use of alcohol or drugs
- Nail biting
- Neglect of responsibility
- Poor job performance
- Unusually poor hygiene

### Psychological Symptoms of Stress

- Helplessness or hopelessness
- Anxiety
- Anger
- Defensiveness
- Depression
- Difficulty concentrating
- Hypersensitivity
- Insecurity
- Irritability
- Lack of direction
- Apathy
- Cynicism
- Lessened enjoyment of activities
- Loss of appetite or overeating
- Pessimism
- Resentment
- Sadness
- Insomnia
- Isolation / withdrawal from others
- Loss of sexual desire
- Procrastination
- Readiness to argue

Any of this sound familiar?