

# SYMPTOMS OF STRESS

<p><b>PHYSICAL SYMPTOMS</b></p> <ul style="list-style-type: none"><li>■ Extremely tired</li><li>■ Headaches</li><li>■ Difficulty sleeping</li><li>■ Dizziness</li><li>■ Sleeping too much</li><li>■ Frequently sick</li><li>■ Dry mouth</li><li>■ Lump in throat</li><li>■ Tight or aching neck and shoulders</li><li>■ Increased perspiration</li><li>■ Heartburn</li><li>■ Backache or pain</li><li>■ Faster beating heart</li></ul>	<p><b>BEHAVIORAL SYMPTOMS</b></p> <ul style="list-style-type: none"><li>■ Grinding teeth</li><li>■ Not hungry</li><li>■ Over-eating</li><li>■ Fidgety and restless</li><li>■ Increased alcohol consumption</li><li>■ Smoking or using tobacco products</li><li>■ Acting out</li><li>■ Using drugs</li><li>■ Tapping fingers or feet</li><li>■ Nail biting</li><li>■ Declining academic grades</li><li>■ Trembling legs</li></ul>
<p><b>EMOTIONAL SYMPTOMS</b></p> <ul style="list-style-type: none"><li>■ Irritable</li><li>■ Increased outbursts of anger</li><li>■ Overly aggressive</li><li>■ Withdrawn</li><li>■ Anxious</li><li>■ Lack of initiative</li><li>■ Cries a lot</li><li>■ Excessive worry</li><li>■ Apathetic or indifferent</li><li>■ Overly critical</li><li>■ Lack of concentration</li><li>■ Feeling of helplessness</li><li>■ Overly emotional</li><li>■ Impatient</li><li>■ Unhappy</li></ul>	<p><b>COGNITIVE SYMPTOMS</b> <b>(how stress affects ability to think, reason, remember)</b></p> <ul style="list-style-type: none"><li>■ Difficulty with memory</li><li>■ Inability to concentrate</li><li>■ Unable to make decisions</li><li>■ Trouble thinking clearly</li><li>■ Uses poor judgment</li><li>■ Negative</li><li>■ Constantly worrying</li><li>■ Confused</li></ul>