



COMMON SIGNS AND SYMPTOMS OF STRESS

Here are some common signs and symptoms of stress. Take a minute to review the list. **Ask yourself** if any of these symptoms are impacting your life in a negative way?

Physical

Muscle tension

Stiff neck

Cold sweaty
hands

Facial tics

Fatigue

Tension headaches

Indigestion

High blood pressure

Heart Palpitations

Back pain

Jaw tension

Nervous stomach

Nausea

Diarrhea

Teeth Grinding

Appetite change

Emotional

Anxiety

Fear

Irritability

Hopelessness

Helplessness

Impatience

Depression

Nervousness

Overwhelmed

Apathy

Loss of concentration

Behavioural

Change in appetite

Sleep disturbance

Forgetfulness

Anger outbursts

Decline in productivity

Social withdrawal

Indecisiveness

Increased use of alcohol/drugs

Increased used of caffeine/ tobacco