

# Common Signs & Symptoms of Stress



**BC Cancer Agency**

CARE + RESEARCH

An agency of the Provincial Health Services Authority

**Psychosocial Oncology**

Here are some common signs and symptoms of stress. Take a minute to review the list and ask yourself if any of these symptoms are influencing your life in a negative way. If stress is regularly affecting your ability to manage your daily life, consider seeking help from a patient and family counsellor at your cancer Centre.

## **Physical**

- Muscle Tension
- Stiff Neck
- Cold Sweaty Hands
- Fatigue
- Tension Headaches
- Facial Tics
- High Blood Pressure
- Heart Racing
- Back Pain
- Jaw Tension
- Nervous Stomach
- Nausea
- Diarrhea
- Teeth Grinding
- Appetite Changes

## **Emotional**

- Anxiety
- Fear
- Irritable
- Hopelessness
- Helplessness
- Impatience
- Depression
- Nervousness
- Overwhelmed
- Apathy
- Loss of Concentration

## **Behavioural**

- Change in Appetite
- Sleep disturbances
- Forgetfulness
- Angry Outbursts
- Decline in Productivity
- Social Withdrawal
- Indecisive
- Increased use of Alcohol or Drugs
- Increased use of Caffeine or Tobacco

This is part of a series of FACT Sheets developed by Psychosocial Oncology, BC Cancer Agency. For further information, please access our provincial website at: [www.bccancer.bc.ca](http://www.bccancer.bc.ca) Revised 2013