

Symptoms of Stress

Stress is one way that our bodies respond to the demands of our lives. A little bit of stress can be healthy—it keeps us alert and productive. However, all too often, we experience too much stress. Too much stress can result in serious *physical, emotional, and behavioral* symptoms.

| Physical | Emotional | Behavioral |
|---|--|---|
| <ul style="list-style-type: none">✓ Fatigue✓ Sleep difficulties✓ Stomachache✓ Chest pain✓ Muscle pain and tension✓ Headaches and migraines✓ Indigestion✓ Nausea✓ Increased sweating✓ Weakened immune system✓ Neck and back pain | <ul style="list-style-type: none">✓ Loss of motivation✓ Increased irritability and anger✓ Anxiety✓ Depression or sadness✓ Restlessness✓ Inability to focus✓ Mood instability✓ Decreased sex drive | <ul style="list-style-type: none">✓ Unhealthy eating (over or under eating)✓ Drug or alcohol use✓ Social Withdrawal✓ Nail biting✓ Constant thoughts about stressors |