

SIGNS and EFFECTS of **STRESS** on the BODY

PHYSICAL / PHYSIOLOGICAL

- Chronic fatigue
- Tense pain in head and/or back
- Stiffness and tension in muscles
- Constipation or diarrhea
- Nausea, dizziness
- Difficulty sleeping/insomnia
- Increased heart rate/chest pain
- Increase or decrease in blood pressure
- Loss or gain in weight
- High or low blood sugar
- Skin conditions (e.g. eczema, hives)
- Frequent or prolonged colds

BEHAVIORAL

- Decrease in sex drive/libido
- Eating less or more than usual
- Habitual craving for salty or sweet foods
- Sleeping too much or too little
- Neglecting responsibilities
- Avoiding contact with others
- Using alcohol, tobacco, or drugs to unwind
- Nervous habits (e.g. pacing or nail biting)
- “Overdoing it” (e.g. exercising, working)
- Using caffeine to stay going
- Becoming argumentative or combative
- Overreacting to unexpected problems

EMOTIONAL

- Constant worrying
- Fearful anticipation
- Agitation and moodiness
- Restlessness
- Short temper
- Irritability, impatience
- Inability to relax
- Feeling tense and “on edge”
- Feeling overwhelmed
- Sense of loneliness and isolation

COGNITIVE

- Forgetfulness
- Poor short-term memory
- Difficulty focusing
- Indecisiveness
- Difficulty concentrating
- Trouble thinking clearly
- Poor behavior / being unlike one’s self
- Focusing on the negative
- racing or anxious thoughts