

# Signs and Symptoms of Stress

## Behavioral Symptoms

- ★ Decrease in sex drive/libido
- ★ Habitual craving for salty or sweet foods
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- ★ Sleeping too much or too little
- ★ Neglecting responsibilities
- ★ Avoiding contact with others
- ★ Using alcohol, tobacco, or drugs to unwind
- ★ Using caffeine to stay going

## Emotional Symptoms

- ★ 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 Symptoms

- ★ Forgetfulness
- ★ Poor short-term memory
- ★ Difficulty focusing
- ★ Indecisiveness
- ★ Difficulty concentrating
- ★ Trouble thinking clearly
- ★ Poor behavior/being unlike one’s self
- ★ Racing or anxious thoughts

## Physical Symptoms

- ★ Chronic fatigue
- ★ Tense pain in head and/or back
- ★ Stiffness and tension in muscles
- ★ Constipation or diarrhea
- ★ Difficulty sleeping/insomnia
- ★ Increased heart rate/chest pain
- ★ Increase or decrease in blood pressure
- ★ Loss or gain in weight