## Signs and Symptoms of Stress

### Intellectual symptoms:
How stress can affect your mind

- Memory problems.
- Difficulty making decisions.
- Inability to concentrate.
- Confusion.
- Seeing only the negative.
- Repetitive or racing thoughts.
- Poor judgment.
- Loss of objectivity.
- Desire to escape or run away.
- Boredom

### Emotional symptoms:
How stress can make you feel

- Moody and hypersensitive.
- Restlessness and anxiety.
- Depression.
- Anger and resentment.
- Easily irritated and “on edge”.
- Sense of being overwhelmed.
- Lack of confidence.
- Apathy.
- Urge to laugh or cry at inappropriate times.
- Anxiety
- Frustration
- Easily Discouraged
- Loneliness

### Physical symptoms:
How stress can affect your body

- Headaches.
- Digestive problems.
- Muscle tension and pain.
- Sleep disturbances.
- Fatigue.
- Lethargy.
- Chest pain, irregular heartbeat.
- High blood pressure.
- Weight gain or loss.
- Asthma or shortness of breath.
- Skin problems.
- Back and neck aches
- Shoulder pains
- Colds
- Decreased sex drive.

### Behavioral symptoms:
How stress can affect your behavior

- Eating more or less.
- Sleeping too much or too little.
- Isolating yourself from others.
- Losing contact with friends
- Neglecting your responsibilities.
- Increasing alcohol and drug use.
- Nervous habits (e.g. nail biting, pacing).
- Teeth grinding or jaw clenching.
- Overdoing activities such as exercising or shopping.
- Losing your temper.
- Using people
- Overreacting to unexpected problems.
- Decreased productivity