

# 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.

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

# Recognizing Stress

1. List the ways you experience stress physically, emotionally, and behaviorally.

Physically	Emotionally	Behaviorally

2. Circle the ways stress affects you that are most troubling.

3. List two or three things you can do to reduce these symptoms or times when you notice these symptoms are less intense.