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
✓ Fatigue	 Loss of motivation 	 ✓ Unhealthy eating (over or under eating) ✓ Drug or alcohol use ✓ Social Withdrawal ✓ Nail biting ✓ Constant thoughts about stressors
✓ Sleep difficulties✓ Stomachache	 ✓ Increased irritability and anger ✓ Anxiety 	
✓ Chest pain✓ Muscle pain and tension	 ✓ Depression or sadness ✓ Destlements 	
 ✓ Headaches and migraines 	✓ Restlessness✓ Inability to focus	
✓ Indigestion✓ Nausea	✓ Mood instability✓ Decreased sex drive	
✓ Increased sweating✓ Weakened immune system		
 Neck and back pain 		