

# SIGNS OF STRESS

This list contains some common signs of stress. Review the list and determine if you may be experiencing any signs of stress now. Save the list to continue to monitor your stress signs as needed.

## Physical Signs

- Headaches
- Excessive sweating
- Stomach problems
- Tense muscles
- Weight gain or loss
- Sleep problems
- Shortness of breath
- No energy or feeling fatigued
- Loss of sex drive
- Unexplained hair loss
- Rapid heart beat

## Behavioral Signs

- Drinking too much
- Using drugs
- Eating more/less than usual
- Sleep problems/difficulty sleeping
- Increased tobacco use
- Increased caffeine use
- Nail biting, hair-twisting
- Pacing
- Grinding your teeth
- “Overdoing” activities
- Acting “bossy”
- Laughing or crying inappropriately
- Yelling or shouting
- Picking fights
- Driving too fast
- Road rage
- Compulsive gambling
- Compulsive buying
- Avoiding friends and family

## Emotional Signs

- Anxiety
- Frustration
- Quick irritability with others
- Loss of interest in leisure and play
- Sadness or depressed mood
- Frequent uneasiness, restlessness
- Anger, resentment, hostility
- Feeling pressured or trapped
- Sudden shifts in mood
- Impatience
- Increased mood sensitivity
- Feeling emotionally numb
- Overreacting to unexpected situations

## Problems with Thinking

- Trouble concentrating
- Misunderstanding others
- Trouble remembering things
- Poor judgment
- Confusion
- Racing thoughts
- Difficulty making decisions
- Feeling overwhelmed
- Self-doubt or low self-confidence
- Criticizing yourself
- Negative “self-talk”