

**SIGNS AND SYMPTOMS OF**

# **STRESS**

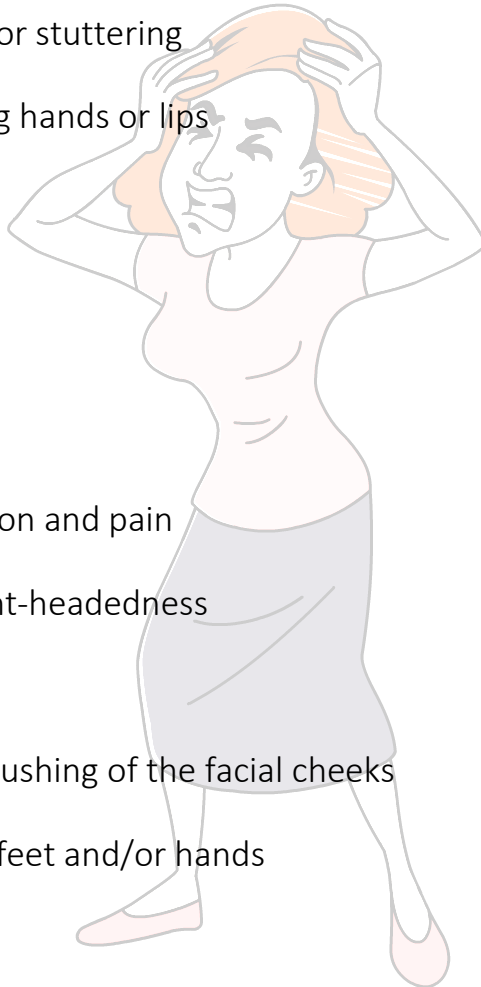
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**CHECKLIST**



## PHYSICAL

- Frequent headaches
- Clenching of the jaw or jaw pain
- Teeth grinding
- Stammered speech or stuttering
- Trembling or shaking hands or lips
- Muscle spasms
- General Body aches
  - Back pain
  - Neck pain
  - Shoulder tension and pain
- Dizziness and/or light-headedness
- Sweating
- Feeling flushed or blushing of the facial cheeks
- Sweaty and/or cold feet and/or hands
- Dry mouth
- Frequent illness, such as flu, colds, or infections
- Hives, skin rashes, itching



Digestive problems

Heartburn

Stomach pain

Nausea

Diarrhea

Constipation

IBS

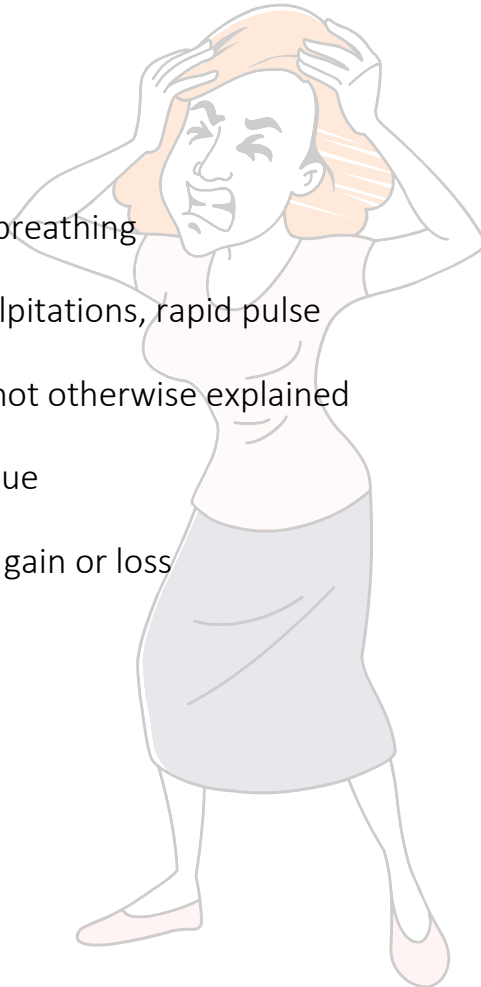
Labored or difficult breathing

Chest pain, heart palpitations, rapid pulse

Frequent urination not otherwise explained

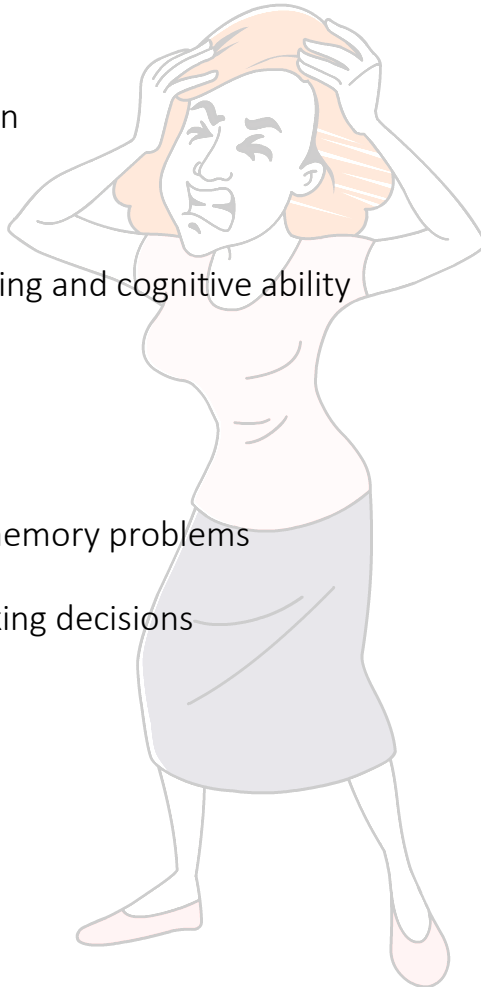
Exhaustion and fatigue

Unexplained weight gain or loss



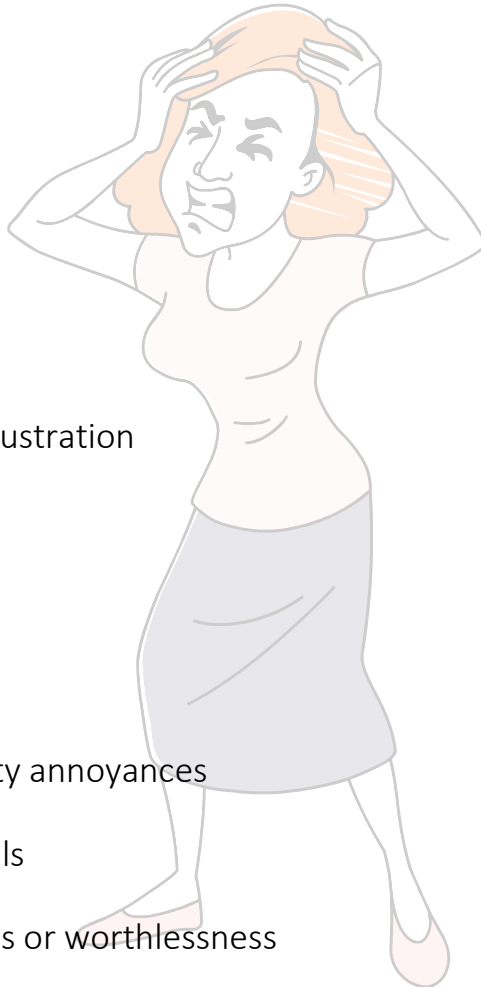
## MENTAL

- Panic attacks
- Anxiety
- Excessive worry
- Depression
- Loss of concentration
- Loss of focus
- Problems with learning and cognitive ability
- Racing thoughts
- Brain fog
- Forgetfulness and memory problems
- Difficulties with making decisions
- Overwhelm
- Burnout



## MOOD

- Restlessness
- Nervousness
- Nervous habits
  - Nail biting
  - Fidgeting
  - Feet tapping
- Angry outbursts
- Hostility
- Frequent bouts of frustration
- Mood swings
- Irritability
- Edginess
- Overreaction to petty annoyances
- Frequent crying spells
- Feelings of loneliness or worthlessness



## LIFESTYLE AND HABITS

- Changes in appetite, with unexplained increases or decreases
- Binge eating or eating behind stress
- Poor sleep, including insomnia, and nightmares
- Obsessive or compulsive behavior
  - Drugs
  - Alcohol
  - Gambling
  - Impulsive shopping
  - Smoking of cigarettes
- Loss of productivity at work
- Excessive defensiveness or suspiciousness
- Communication problems
- Social isolation and withdrawal
- Lack of sexual desire or interest

