



Stress Symptoms

Your mind and body are connected. When your mind is healthy, your body can resist illness better. When your body is healthy, your feelings are more positive.

Physical Signals of Stress

- Muscle tension
- Trembling
- High blood pressure
- Upset stomach
- Insomnia

- Teeth grinding
- Loss of appetite
- Nervous tics
- Diarrhea or constipation
- Sweating
- Shortness of breath
- Rashes
- Headaches
- Increase in colds, viruses

Behavioral Signals of Stress

- Insomnia
- Appetite changes
- Unexplained crying
- Overuse of alcohol or drugs
- Forgetfulness
- Strained relationships
- Withdrawal

Emotional Signals of Stress

- Depression
- Irritability
- Anxiety, Nervousness
- Apathy
- Impatience
- Lack of feelings, numbness
- Loss of pleasure

If any of the above complaints are a regular feature of your life, we suggest you speak with a counselor or consult a physician and take steps to address unhealthy sources of stress from your life.
