

# SIGNS & SYMPTOMS OF STRESS

## PHYSICAL *BODY*

- Headaches
- Tense muscles
- Difficulty falling/staying asleep
- Fatigue
- Frequent colds or infections
- Appetite change
- Rapid heartbeat
- Chest pain
- Tight jaw and/or grinding teeth
- Excess of energy/unable to relax
- Irritable bowel syndrome
- Difficulty breathing
- Hives/skin irritations

## MENTAL *MIND*

- Worrying
- Inability to focus or concentrate
- Racing thoughts
- Increased negativity
- Upsetting dreams
- Poor memory
- Inability to make decisions
- Difficulty learning new information
- Impulsive
- Loss of sense of humor
- Fearful thoughts of impending doom

## EMOTIONAL *FEELINGS*

- Irritable
- Feeling overwhelmed
- Short temper
- Depressed feeling
- Feeling like crying for no apparent reason
- Unhappiness
- Fear
- Feeling anxious
- Moodiness
- Anger
- Feeling disconnected from yourself, loved ones; numb feeling
- Feeling under high pressure

## BEHAVIOR *ACTIONS*

- Eating more or less
- Sleeping too much or too little
- Using substances more  
(alcohol, drugs, sugar, etc.)
- Procrastinating
- Excessive gambling, shopping, exercise, etc.
- Yelling
- More accident prone
- Loss of intimacy and/or sex drive
- Restlessness or fidgety
- Nail biting
- Isolating



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