

## Signs of Stress

Physical Signs	Emotional Signs	Mental Signs	Behavioral Signs
More frequent headaches	Feeling irritable and short-tempered	Lack of concentration from having too many things going on in your head	Disturbed sleep patterns (insomnia or increased need for sleep)
Muscle tension, most commonly in the head, neck, shoulders, and back	Depression and a general feeling of gloom	Indecision, even about trivial matters	Drinking or smoking more than usual
Dry skin, spots, and irritation	Loss of confidence and self-esteem resulting from the feeling of being out of control when the demands upon you outweigh your ability to cope	Memory problems - forgetting facts and figures, the names of people or places	Reduced sex drive, which can increase stress even more and cause you to withdraw from an otherwise supportive relationship
Digestive problems, such as upset stomach, indigestion, or the development of an ulcer	Feeling drained and lacking in enthusiasm stemming from feeling overwhelmed	Judgment impaired, leading to bad decision-making and mistakes	Withdrawal from friends, family, or office relationships
Heart palpitations and chest pains	Sense of alienation resulting from the inability to cope	Persistently negative thoughts about yourself or your situation resulting from not coping well with the demands placed on you	Difficulty in relaxing – fidgeting, unable to sit still