



Signals of Stress

Physical:

- Increased heart rate – pounding
- Elevated blood pressure; sweaty palms
- Tight chest; headache; diarrhea
- Tight neck or back muscles
- Trembling, tics or twitching
- Nausea and/or vomiting
- Difficulty sleeping; tiredness
- Being accident prone, frequent minor illnesses
- Dry mouth or throat

Emotional:

- Being irritable; lowered self-esteem
- Angry outbursts; depression; jealousy
- Suspiciousness; restlessness; withdrawal
- Lack of interest, tendency to cry
- Being less involved with others
- Being self-critical
- Nightmares

Mental:

- Forgetfulness; being preoccupied
- Misjudging distances
- Being less creative
- Being less productive; lack of concentration
- Lack of attention to details

Behavioral:

- Increased smoking, alcohol or drug use, eating
- Aggressive driving
- Carelessness
- Increased watching of TV
- Inactivity