
Handout 2-1: Symptoms of Stress

Below are some common warning symptoms of stress. Identify and circle the symptoms you experience when under stress.

PHYSICAL

- Headaches or backaches
- Muscle tension and stiffness
- Upset stomach
- Diarrhea or constipation
- Nausea
- Dizziness
- Insomnia
- Chest pain, rapid heartbeat
- Weight gain or loss
- Skin breakouts (acne, etc.)
- Loss of sex drive
- Frequent colds

EMOTIONAL

- Moodiness
- Agitation
- Restlessness
- Short temper
- Irritability, impatience
- Inability to relax
- Feeling tense
- Feeling overwhelmed
- Feeling helpless, hopeless
- Loneliness and isolation
- Depression or unhappiness

COGNITIVE

- Difficulty remembering things
- Indecisiveness
- Unable to concentrate
- Trouble thinking clearly
- Poor judgment
- Negativity
- Anxious or racing thoughts
- Constant worrying
- Inability to be objective
- Fearful anticipation

BEHAVIORAL

- Procrastinating
- Eating more or less
- Sleeping too much or little
- Developing nervous habits
- Isolating yourself
- Picking fights with others
- Using alcohol, cigarettes, or drugs to relax
- Teeth grinding or jaw clenching
- Overdoing activities
- Overreacting