

Symptoms of Stress

Stress is one way that our bodies respond to the demands of our lives. A little bit of stress can be healthy—it keeps us alert and productive. However, many people experience too much stress. Too much stress can result in serious physical, emotional, and behavioral symptoms. Some of those symptoms are listed below.

| Physical | Emotional | Behavioral |
|---|--|---|
| <ul style="list-style-type: none">• Fatigue• Sleep difficulties• Stomachache• Chest pain• Muscle pain and tension• Headaches and migraines• Indigestion• Nausea• Increased sweating• Weakened immune system (more frequent colds and flues)• Neck and back pain | <ul style="list-style-type: none">• Loss of motivation• Increased irritability and anger• Anxiety• Depression or sadness• Restlessness• Inability to focus• Mood instability• Decreased sex drive | <ul style="list-style-type: none">• Unhealthy eating (over or under eating)• Drug or alcohol use• Social Withdrawal• Nail biting |