

# Symptoms of Stress



**Stress** is one way that our bodies respond to the day-to-day struggles and demands of life. A little bit of stress can be healthy—it keeps us alert and productive. However, when we experience too much stress, it can result in serious physical, emotional, and behavioral symptoms. Sometimes we are under stress and don't realize it. Stress can affect us both physically and emotionally. Recognizing our own personal signs that we're under stress can help us to do something about it.

<b>Acute Symptoms</b> symptoms that occur before or during a stressful situation		
<b>Physical</b>	<b>Emotional / Cognitive</b>	<b>Behavioral</b>
Asthma	Worry	Nail biting
Headaches	Irritability	Constant thoughts about stressors
Migraines	Anger	Restlessness
Back pain	Loss of motivation	Teeth grinding
Sweating	Difficulty concentrating	Disrupted sleep, diet, and exercise
Nausea	Mood instability	Interpersonal conflict
Indigestion	Decreased sex drive	Social withdrawal
Chest pain	Memory problems	Substance use
Fatigue		Procrastination

<b>Chronic Symptoms</b> symptoms and consequences of long-term stress		
Heart disease	Depression	Sleep disorders
Anxiety disorders	Memory impairment	Weakened immune system
Skin diseases	Substance use	Poor diet and exercise habits