

50 COMMON SIGNS AND SYMPTOMS OF STRESS

“Stress, in addition to being itself, was also the cause of itself, and the result of itself.” – Hans Selye

- Frequent headaches, jaw clenching or pain
- Grinding, grinding teeth
- Stuttering or stammering
- Tremors, trembling of lips, hands
- Neck ache, back pain, muscle spasms
- Light headedness, faintness, dizziness
- Ringing, buzzing or “popping sounds
- Frequent blushing, sweating
- Cold or sweaty hands, feet
- Dry mouth, problems swallowing
- Frequent colds, infections, herpes sores
- Rashes, itching, hives, “goose bumps”
- Unexplained or frequent “allergy” attacks
- Heartburn, stomach pain, nausea
- Excess belching, flatulence
- Constipation, diarrhea, loss of control
- Difficulty breathing, frequent sighing
- Sudden attacks of life threatening panic
- Chest pain, palpitations, rapid pulse
- Frequent urination
- Diminished sexual desire or performance
- Excess anxiety, worry, guilt, nervousness
- Increased anger, frustration, hostility
- Increased smoking, alcohol or drug use
- Excessive gambling or impulse buying
- Depression, frequent or wild mood
- Increased or decreased appetite
- Insomnia, nightmares, disturbing dreams
- Difficulty concentrating, racing thoughts
- Trouble learning new information
- Forgetfulness, disorganization, confusion
- Difficulty in making decisions
- Feeling overloaded or overwhelmed
- Frequent crying spells or suicidal thoughts
- Feelings of loneliness or worthlessness
- Little interest in appearance, punctuality
- Nervous habits, fidgeting, feet tapping
- Increased frustration, irritability, edginess
- Overreaction to petty annoyances
- Increased number of minor accidents
- Obsessive or compulsive behavior
- Reduced work efficiency or productivity
- Lies or excuses to cover up poor work
- Rapid or mumbled speech
- Excessive defensiveness or suspiciousness
- Problems in communication, sharing
- Social withdrawal and isolation
- Constant tiredness, weakness, fatigue
- Frequent use of over-the-counter drugs
- Weight gain or loss without diet



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