

Stress Symptoms

Cognitive symptoms

- Memory problems.
- Inability to concentrate.
- Poor judgment.
- Seeing only the negative.
- Anxious or racing thoughts.
- Constant worrying.

Emotional symptoms

- Depression or general unhappiness.
- Anxiety and agitation.
- Moodiness, irritability, or anger.
- Feeling overwhelmed.
- Loneliness and isolation.
- Other mental or emotional health problems.

Physical symptoms

- Aches and pains.
- Diarrhoea or constipation.
- Nausea, dizziness.
- Chest pain, rapid heartbeat.
- Loss of sex drive.
- Frequent colds or flu.

Behavioural symptoms

- Eating more or less.
- Sleeping too much or too little.
- Withdrawing from others.
- Procrastinating or neglecting responsibilities.
- Using alcohol, cigarettes, or drugs to relax.
- Nervous habits (e.g. nail biting, pacing).