

# Signs of Stress



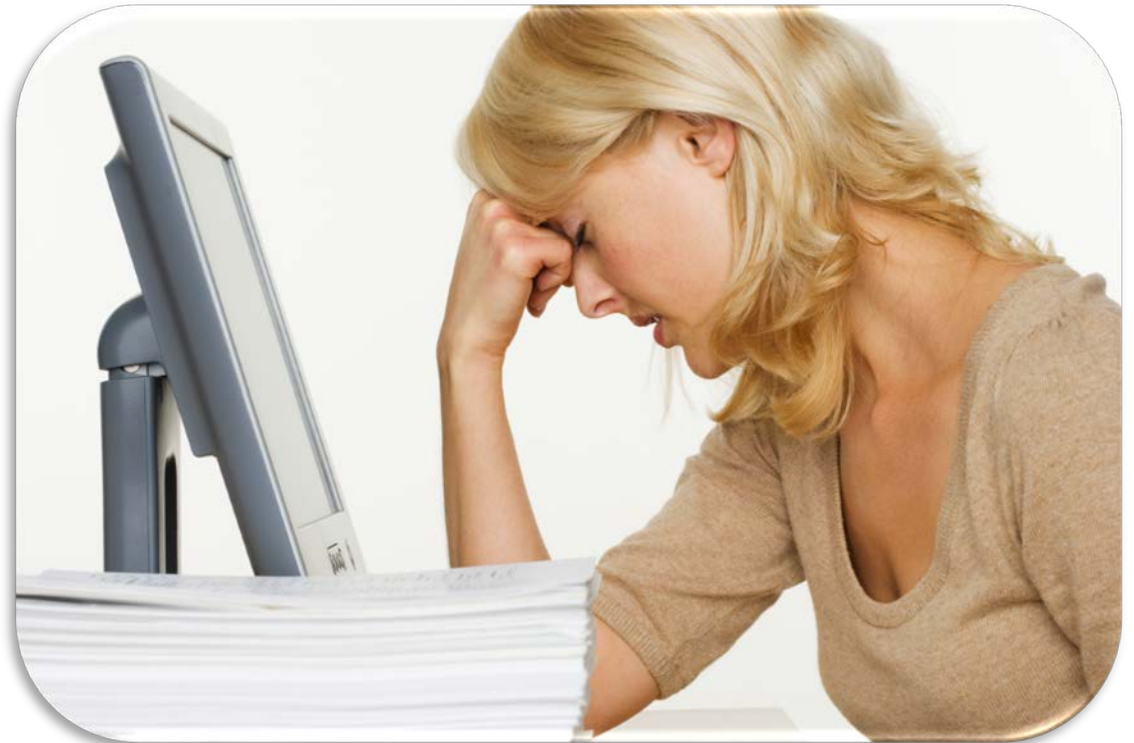
# Physical Signs

- muscle pains
- tension headaches
- palpitations
- “*heavy chest*”
- nausea, cramping, diarrhea, and constipation



# Mental Signs

- lack of concentration
- forgetfulness
- indecisiveness



# Emotional Signs

- anxiety, including “*butterflies*” or feeling nervous
- “*feeling low*,” including other signs of depression
- impatience
- sudden bursts of crying or anger, including swearing



# Behavioral Signs

- nail biting
- pursed lips
- grinding teeth or clenching jaws
- compulsive acts like eating, drinking, smoking, and using drugs
- pacing
- fidgeting



**The End!**