## The American Institute of Stress

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## 50 Common Signs and Symptoms of Stress

- 1. Frequent headaches, jaw clenching, or pain
- 2. Gritting, grinding teeth.
- 3. Stuttering or stammering
- 4. Tremors, trembling of lips, hands.
- 5. Neck ache, back pain, muscle spasms
- 6. Lightheadedness, faintness, dizziness
- 7. Ringing, buzzing, or "popping" sounds.
- 8. Frequent blushing, sweating
- 9. Cold or sweaty hands, feet
- 10. Dry mouth, problems swallowing
- 11. Frequent colds, infections, herpes sores
- 12. Rashes, itching, hives, "goose bumps"
- 13. Unexplained or frequent "allergy" attacks
- 14. Heartburn, stomach pain, nausea
- 15. Excess belching, flatulence
- 16. Constipation, diarrhea, loss of control
- 17. Difficulty breathing, frequent sighing
- 18. Sudden attacks of life-threatening panic
- 19. Chest pain, palpitations, rapid pulse
- 20. Frequent urination
- 21. Diminished sexual desire or performance.
- 22. Excess anxiety, worry, guilt, nervousness
- 23. Increased anger, frustration, hostility
- 24. Depression, frequent or wild mood swings
- 25. Increased or decreased appetite

- 26. Insomnia, nightmares, disturbing dreams
- 27. Difficulty concentrating, racing thoughts.
- 28. Trouble learning new information.
- 29. Forgetfulness, disorganization, confusion
- 30. Difficulty in making decisions.
- 31. Feeling overloaded or overwhelmed
- 32. Frequent crying spells or suicidal thoughts
- 33. Feeling of loneliness or worthlessness
- 34. Little interest in appearance, punctuality
- 35. Nervous habits, fidgeting, feet tapping.
- 36. Increased number of minor accidents
- 37. Overreaction to petty annoyances
- 38. Increased number of minor accidents
- 39. Obsessive or compulsive behavior
- 40. Reduced work efficiency or productivity
- 41. Lies or excuses to cover up poor work.
- 42. Rapid or mumbled speech
- 43. Excessive defensiveness or suspiciousness
- 44. Problems in communication and sharing.
- 45. Social withdrawal and isolation
- 46. Constant tiredness, weakness, fatigue
- 47. Frequent use of over-the-counter drugs
- 48. Weight gain or loss without diet
- 49. Increased smoking, alcohol, or drug use
- 50. Excessive gambling or impulse buying