

SIGNS AND SYMPTOMS OF STRESS

PHYSICAL

Headaches or migraines
Indigestion
Raised blood pressure
Muscle tension / pain
Appetite disturbances
Excess Sweating
Ulcers
Neck or back pain
Breathlessness / Asthma
Nausea or vomiting
Dizziness
frequent or repetitive illness
Allergies
Pancreatic disease
Importance
Strokes
Cancer
PMT
Heart Disease / Chest Pain
Hair loss
Eye Strain
Dry throat
Clenched teeth
Angina
Arthritis
Autoimmune Diseases
Back Pain
Cancer
Carpal Tunnel Syndrome
Chest Pain
Chronic Fatigue Syndrome
Diabetes
Gastrointestinal Disorders
Heart Arrhythmias
Heart Disease
Hypertension
Infertility
Irritable Bowel Syndrome
Chronic Pain
Menopause
Palpitations
Repetitive Stress Injury
Shortness of Breath
Skin Conditions
Tinnitus
Migraines

PSYCHOLOGICAL

Constant Tiredness
Insomnia, Sleep disturbances
Loss of sense of humour
Anxiety
Phobias
Memory Lapses
Poor Concentration
Forgetfulness
Irritability
Excessive tearfulness
Feeling overwhelmed
Nightmares
Depression
Low self esteem
Feeling of hopelessness
Sadness
Insecurity
Defensiveness
Hypersensitivity
Mental sluggishness
Lack of direction
Becoming accident-prone
Loneliness
Panic attacks
Desire to escape
Confusion
Frustration
Loss of sense of proportion
Hypochondria
Over stimulation

BEHAVIOURAL

Impatience
irritability
loss of appetite
over eating - Craving for food
increased use of nicotine or alcohol
procrastination
neglect of personal hygiene
poor job performance
Addictions
Anger or violence
Mood swings