

SYMPTOMS OF STRESS

Because stress can affect everyone in a different way, the signs of stress may vary. Stress is extremely personal, and what causes stress depends on your perception of it. Unfortunately though, stress has become such a commonplace for many and can be very unhealthy. Long-term exposure to stress can lead to serious health problems and chronic stress disrupts nearly every system in your body. Below is a list of some of the common warning signs and symptoms of stress. I am not a doctor. Keep in mind that the signs and symptoms of stress can also be caused by other psychological and medical problems. If you are experiencing any of the warning signs, see a doctor immediately.

1. Memory problems
2. Anxious/ Mind Racing
3. Anxiety
4. Constant worrying
5. Feeling overwhelmed
6. Easily Irritated
7. Chest Palpitations, or pain
8. Problems Concentrating
9. Inability to relax
10. Avoiding People
11. Procrastinating or neglecting responsibilities
12. Focusing on Negative Thoughts
13. Anger Issues
14. Headaches
15. Diarrhea or constipation
16. Muscle Tension and Pain
17. Sleep Issues, sleeping more or less
18. Fatigue
19. High Blood Pressure
20. Weight changes
21. Skin Problems
22. Hair Loss
23. Decreased sex drive
24. Using alcohol, cigarettes, or drugs to relax
25. Nervous Behaviors – nail biting, pacing, teeth grinding

There are many things that you can do to reduce the impact of stress and cope with the symptoms. Learn how to manage and take charge of the stress in your life.