50 Common Signs and Symptoms of Stress

2. Gritting, grinding teeth 2. Trouble learning new information 2. Trouble learning new information 2. Gritting, gritting of lips, hands 2. Frequents, disorganization, confusion 3. Difficulty in making decisions 3. Difficulty in making decisions 3. Feeling overloaded or overwhelmed 3. Frequent crying spells or suicidal thoughts 3. Frequent blushing, sweating 3. Frequent crying spells or suicidal thoughts 3. Frequent therest in appearance, punctuality 3. Frequent colds, infections, herpes sores 3. Greroased frustration, irritability, edginess 3. Increased frustration, irritability, edginess 3. Increased frustration, irritability, edginess 3. Increased number of minor accidents attacks 4. Heartburn, stomach pain, nausea 3. Obsessive or compulsive behavior 4. Reduced work efficiency or productivity 4. Lies or excuses to cover up poor work 4. Reduced work efficiency or productivity 4. Lies or excuses to cover up poor work 4. Rapid or mumbled speech 4. Expident minotic and isolation 4. Excessive defensiveness or suspiciousness 4. Problems in communication, sharing 4. Excessive defensiveness or suspiciousness 4. Problems in communication, sharing 4. Constant tiredness, weakness, fatigue performance 2. Excess anxiety, worry, guilt, errousness 2. Increased anger, frustration, hostility 4. Weight gain or loss without diet 4. Depression, frequent or wild mood swings 2. Increased or decreased appetite 5. Excessive gambling or impulse buying	1. Frequent headaches, jaw clenching or	26. Insomnia, nightmares, disturbing
thoughts 3. Stuttering or stammering 4. Tremors, trembling of lips, hands 29. Forgetfulness, disorganization, confusion 5. Neck ache, back pain, muscle spasms 6. Light headedness, 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 29. Frequent urination 20. Frequent urination 21. Diminished sexual desire or performance 22. Excess anxiety, worry, guilt, nervousness 24. Depression, frequent or wild mood 25. Birceased sidsorganization, confusion 26. Gorsting, hives, "goose bumps" 29. Greguent urination 21. Diminished sexual desire or performance 22. Excess anxiety, worry, guilt, nervousness 23. Increased anger, frustration, hostility 24. Depression, frequent or wild mood 25. Excess ankiety, worry guilt, nervousness 26. Frequent urination 27. Frequent or wild mood 28. Weight gain or loss without diet 29. Increased anger, frustration, hostility 29. Increased smoking, alcohol or drug use		
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The American Institute of Stress http://www.stress.org/stress-effects/

