

50 Common Signs and Symptoms of Stress

1. Frequent headaches, jaw clenching or pain	26. Insomnia, nightmares, disturbing dreams
2. Gritting, grinding teeth	27. Difficulty concentrating, racing thoughts
3. Stuttering or stammering	28. Trouble learning new information
4. Tremors, trembling of lips, hands	29. Forgetfulness, disorganization, confusion
5. Neck ache, back pain, muscle spasms	30. Difficulty in making decisions
6. Light headedness, faintness, dizziness	31. Feeling overloaded or overwhelmed
7. Ringing, buzzing or “popping sounds”	32. Frequent crying spells or suicidal thoughts
8. Frequent blushing, sweating	33. Feelings of loneliness or worthlessness
9. Cold or sweaty hands, feet	34. Little interest in appearance, punctuality
10. Dry mouth, problems swallowing	35. Nervous habits, fidgeting, feet tapping
11. Frequent colds, infections, herpes sores	36. Increased frustration, irritability, edginess
12. Rashes, itching, hives, “goose bumps”	37. Overreaction to petty annoyances
13. Unexplained or frequent “allergy” attacks	38. Increased number of minor accidents
14. Heartburn, stomach pain, nausea	39. Obsessive or compulsive behavior
15. Excess belching, flatulence	40. Reduced work efficiency or productivity
16. Constipation, diarrhea, loss of control	41. Lies or excuses to cover up poor work
17. Difficulty breathing, frequent sighing	42. Rapid or mumbled speech
18. Sudden attacks of life threatening panic	43. Excessive defensiveness or suspiciousness
19. Chest pain, palpitations, rapid pulse	44. Problems in communication, sharing
20. Frequent urination	45. Social withdrawal and isolation
21. Diminished sexual desire or performance	46. Constant tiredness, weakness, fatigue
22. Excess anxiety, worry, guilt, nervousness	47. Frequent use of over-the-counter drugs
23. Increased anger, frustration, hostility	48. Weight gain or loss without diet
24. Depression, frequent or wild mood swings	49. Increased smoking, alcohol or drug use
25. Increased or decreased appetite	50. Excessive gambling or impulse buying

The American Institute of Stress <http://www.stress.org/stress-effects/>

