
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 aches, 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. Insomnia, nightmares, disturbing dreams
18. Difficulty concentrating, racing thoughts
19. Trouble learning new information
20. Forgetfulness, disorganization, confusion
21. Difficulty in making decisions
22. Feeling overloaded or overwhelmed
23. Frequent crying spells or suicidal thoughts
24. Feelings of loneliness or worthlessness
25. Little interest in appearance, punctuality
26. Nervous habits, fidgeting, feet tapping
27. Increased frustration, irritability, edginess
28. Over-reaction to petty annoyances
29. Increased number of minor accidents
30. Obsessive or compulsive behavior
31. Reduced work efficiency or productivity
32. Lies or excuses covering up poor work
33. Difficulty breathing, frequent sighing
34. Sudden attacks of life threatening panic
35. Chest pain, palpitations, rapid pulse
36. Frequent urination
37. Diminished sexual desire or performance
38. Excess anxiety, worry, guilt, nervousness
39. Increased anger, frustration, hostility
40. Depression, frequent or wild mood swings
41. Increased or decreased appetite
42. Rapid or mumbled speech
43. Excessive defensiveness or suspiciousness
44. Problem in communication, 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 dieting
49. Increased smoking, alcohol or drug use
50. Excessive gambling or impulse buying