



“In a Nutshell”

50 signs and symptoms of stress

Stress can have wide ranging effects on emotions, mood and behavior. Equally important but often less appreciated are effects on various systems, organs and tissues all over the body as demonstrated in the list below.



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

You will not experience all of the symptoms – just be aware