



Signs of Stress

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Stress can affect your body differently than that of your family and friends. If you show any of the following signs, you are probably under too much stress and need to make changes before it affects your health.

- 1) You have an overwhelming feeling of anger, frustration, or anxiety.
- 2) You have frequent headaches, backaches, or colds.
- 3) You have insomnia or other sleep problems.
- 4) You have increased your use of alcohol, drugs, or medications.
- 5) You have a feeling of grief, hopelessness, or depression.
- 6) Your sense of humor has diminished.
- 7) You have a lack of interest in your usual activities.
- 8) You are experiencing periods of crying or emotional outbursts.
- 9) You are experiencing a lack of attention to your physical health and appearance.

Just because you do not think you have any of the above signs does not mean you are not stressed. You may be taking medication that hides these signs, or your stress may manifest in your body by a different means.

Another way to see if you are stressed: is if you think you might be stressed, then you are stressed.

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