

Signs of Stress

Feeling tired	Cry and feel sad	Panic attacks	Broken or no sleep
Stomach upsets	Colds and flu	Itchy skin rashes	Ache all over
Negative attitude	Not eating	Vomiting	Teeth grinding, nail biting and fidgeting
Unable to get up in the morning	Going blank	Indecisiveness and/or confusion	Feeling cranky and irritable
Aggressive	Feeling inadequate, negative self-talk, blaming	Losing touch with friends	Smoking, drinking or drug use
Headaches	Sore eyes	Lack of concentration	Feeling overwhelmed by task