

Signs and Symptoms of Stress

Physical	
<ul style="list-style-type: none">• Gastric Disturbance• Cardiac Disorders• Fatigue/Exhaustion• Muscle Aches• Vision Problems	<ul style="list-style-type: none">• Sleep Disturbance• Frequent Headaches• Hypertension• Sleeplessness
Cognitive	
<ul style="list-style-type: none">• Confusion• Poor Decision Making• Disorientation	<ul style="list-style-type: none">• Memory Problems• Distressing Dreams
Emotional	
<ul style="list-style-type: none">• Fear• Anxiety• Guilt• Depression	<ul style="list-style-type: none">• Anger• Apathy• Denial• Relationship or Marital Problems
Behavioral	
<ul style="list-style-type: none">• Altered eating habits• Angry outbursts• Withdrawal• Boredom	<ul style="list-style-type: none">• Increased smoking/alcohol use• Excessive humor• Excessive silence