

## What are the signs that you're under stress?

When people are under stress, it affects them physically and emotionally. It also affects their thinking, mood, and behavior. Some people show only physical signs of stress, such as muscular tension, headaches or sleep problems. Others have trouble concentrating or become irritable, anxious or depressed. Still others may pace or bite their nails. Each person's response to stress is individual.

Being aware of your own personal signs of stress can be very helpful, because once you realize that you're under stress you can start to do something about it.

You can use the following checklist to identify your own personal signs of being under stress.

### Signs of Stress Checklist

Put a check mark next to the signs you notice when you are under stress:

- headaches
- sweating
- increased heart rate
- back pain
- change in appetite
- difficulty falling asleep
- increased need for sleep
- trembling or shaking
- digestion problems
- stomach aches
- dry mouth
- problems concentrating
- anger over relatively minor things
- irritable
- anxious
- feeling restless or "keyed up"
- tearful