| Warning Signs and Symptoms of Over-Stress | |
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| Cognitive Symptoms | Emotional Symptoms |
| * Memory problems * Inability to concentrate * Poor judgment * Seeing only the negative * Anxious or racing thoughts * Constant worrying | * Moodiness * Irritability or short temper * Agitation, inability to relax * Feeling overwhelmed * Sense of loneliness and isolation * Depression or general unhappiness |
| Physical Symptoms | Behavioral Symptoms |
| * Aches and pains * Diarrhea or constipation * Nausea, dizziness * Chest pain, rapid heartbeat * Loss of sex drive * Frequent colds | * Eating more or less * Sleeping too much or too little * Isolating yourself from others * Procrastinating or neglecting responsibilities * Using alcohol, cigarettes, or drugs to relax * Nervous habits (e.g. nail biting, pacing) |