| 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
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| 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)
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