



Stress can affect your body, your thoughts and feelings, and your behavior. Recognizing the signs of stress can help you manage it before it becomes problematic. Stress that isn't managed well can contribute to health problems such as high blood pressure, heart disease, obesity, diabetes, and depression.

Signs of



It's a Matter of Intensity and Duration

Everyone experiences stress at different points in their lives. Stress is more likely to be problematic if it is intense, such as a stressor that involves someone or a situation very important to you, or if it lasts a long time and depletes your ability to manage it in a healthy way.

You may have had some of the signs of stress listed. These signs tell you to pay attention and use your stress management strategies. Only you can determine if you are experiencing stress overload and whether or not you need help to manage it.

Physical Signs	Emotional Signs	Behavioral Signs
Headache	Restlessness	Overeating
Fatigue	Lack of focus or motivation	Under eating
Unable to sleep	Anxiety	Outbursts of emotion
Upset stomach	Panic attacks	Alcohol, tobacco, or other drug use
Muscle tension or pain	Irritability	Withdrawal from others
Worsening of skin conditions, such as hives or rashes	Anger	More disagreements with others
Heart beats faster	Sadness	
Breathing gets faster	Depression	
Body sweats	Memory impairment	
More frequent illnesses	Feeling constantly pressured, hassled, or hurried	



Adapted From:
American Psychological Association's "Stress in America" Press Room, www.apa.org
Nemours Foundation, www.teenshealth.org
Mayo Clinic, www.mayoclinic.com