50 Common Signs and Symptoms of Stress

1. Frequent headaches, jaw clenching, or pain
2. Gritting, grinding teeth.
3. Stuttering or stammering
4. Tremors, trembling of lips, hands.
5. Neck ache, back pain, muscle spasms
6. Lightheadedness, faintness, dizziness
7. Ringing, buzzing, or “popping” sounds.
8. Frequent blushing, sweating
9. Cold or sweaty hands, feet
10. Dry mouth, problems swallowing
11. Frequent colds, infections, herpes sores
12. Rashes, itching, hives, “goose bumps”
13. Unexplained or frequent “allergy” attacks
14. Heartburn, stomach pain, nausea
15. Excess belching, flatulence
16. Constipation, diarrhea, loss of control
17. Difficulty breathing, frequent sighing
18. Sudden attacks of life-threatening panic
19. Chest pain, palpitations, rapid pulse
20. Frequent urination
22. Excess anxiety, worry, guilt, nervousness
23. Increased anger, frustration, hostility
24. Depression, frequent or wild mood swings
25. Increased or decreased appetite
26. Insomnia, nightmares, disturbing dreams
27. Difficulty concentrating, racing thoughts.
29. Forgetfulness, disorganization, confusion
30. Difficulty in making decisions.
31. Feeling overloaded or overwhelmed
32. Frequent crying spells or suicidal thoughts
33. Feeling of loneliness or worthlessness
34. Little interest in appearance, punctuality
35. Nervous habits, fidgeting, feet tapping.
36. Increased number of minor accidents
37. Overreaction to petty annoyances
38. Increased number of minor accidents
39. Obsessive or compulsive behavior
40. Reduced work efficiency or productivity
41. Lies or excuses to cover up poor work.
42. Rapid or mumbled speech
43. Excessive defensiveness or suspiciousness
44. Problems in communication and sharing.
45. Social withdrawal and isolation
46. Constant tiredness, weakness, fatigue
47. Frequent use of over-the-counter drugs
48. Weight gain or loss without diet
49. Increased smoking, alcohol, or drug use
50. Excessive gambling or impulse buying