

Symptoms of Stress



Stress is one way that our bodies respond to the day-to-day struggles and demands of life. A little bit of stress can be healthy—it keeps us alert and productive. However, when we experience too much stress, it can result in serious physical, emotional, and behavioral symptoms.

Acute Symptoms

symptoms that occur before or during a stressful situation

Physical	Emotional / Cognitive	Behavioral
Breathlessness	Worry	Nail biting
Headaches	Irritability	Constant thoughts about stressors
Migraines	Anger	Restlessness
Back pain	Loss of motivation	Teeth grinding
Sweating	Difficulty concentrating	Disrupted sleep, diet, and exercise
Nausea	Mood instability	Interpersonal conflict
Indigestion	Decreased sex drive	Social withdrawal
Chest pain	Memory problems	Substance use
Fatigue		Procrastination

Chronic Symptoms

symptoms and consequences of long-term stress

Heart disease	Depression	Sleep disorders
Anxiety disorders	Memory impairment	Weakened immune system
Skin diseases	Substance use	Poor diet and exercise habits