

Symptoms of Stress and Causes of Stress

There are several signs and symptoms that you may notice when you are experiencing stress. These signs and symptoms fall into four categories: feelings, thoughts, behavior, and physiology. When you are under stress, you may experience one or more of the following:

Feelings

- Feeling anxious
- Feeling scared
- Feeling irritable
- Feeling moody

Thoughts

- Low self-esteem
- Fear of failure
- Inability to concentrate
- Embarrass easily
- Worry about the future
- Preoccupation with thoughts/tasks
- Forgetfulness

Behavior

- Stuttering and other speech difficulties
- Crying for no apparent reason
- Acting impulsively
- Startling easily
- Laughing in a high pitch and nervous tone of voice
- Grinding your teeth
- Increasing smoking
- Increasing use of drugs and alcohol
- Being accident prone
- Losing your appetite or overeating

Physiology

- Perspiration/sweaty hands
- Increased heart beat
- Trembling
- Nervous ticks
- Dryness of throat and mouth
- Tiring easily
- Urinating frequently
- Sleeping problems
- Diarrhea / indigestion / vomiting
- Butterflies in stomach
- Headaches
- Premenstrual tension
- Pain in the neck and or lower back
- Loss of appetite or overeating
- Susceptibility to illness

CAUSES OF STRESS

Both positive and negative events in one's life can be stressful. However, major life changes are the greatest contributors of stress for most people. They place the greatest demand on resources for coping.

Major Life Changes That Can Be Stressful

- Geographic mobility
- Going to college
- Transfer to a new school
- Marriage
- Pregnancy
- New job
- New life style
- Divorce
- Death of a loved one
- Being fired from your job

Environmental Events That Can Be Stressful

- Time pressure
- Competition
- Financial problems
- Noise
- Disappointments