

Acute stress symptoms

Physical	Psychological	Outward or behavioural
Headache	Difficulty concentrating	Insomnia, difficulty sleeping
Heart palpitations	Tiredness	Hyperventilation
Hands shaking	Feelings of unease	Feeling overwhelmed by everyday experiences and tasks
Dizziness	Restlessness	Self-isolation or becoming socially withdrawn
Chest tightness	Irritability	Anger
Stomach pain	Panic attack	Aggression
Sweaty hands or feet	Meltdown or shutdown	Decreased productivity or performance
Nausea	Feeling overwhelmed	Indecisiveness
	Negativity	Increased use of stimulants (such as coffee and sugar)
	Affected/changed or diminished sense of humour	Comfort eating
	Increased desire/craving for sugar/high fat/unhealthy foods	Sudden (increase in) obsessive or compulsive behaviours
	Acute thoughts of self-harm or suicide	