

## Stress symptoms

Physical	Psychological	Outward or behavioural
Headaches	Diminished interest or pleasure, anhedonia	Insomnia, difficulty sleeping
Heart palpitations	Tiredness	Hyperventilation
Hands shaking or sweating	Feelings of unease	Feeling overwhelmed by everyday experiences and tasks
Dizziness	Memory problems	Self-isolation or becoming socially withdrawn
Chest tightness	Difficulty concentrating	Anger
Stomach pain	Restlessness	Aggression
Frequent urination	Irritability	Decreased productivity or performance
Pains	Low self-esteem or self-worth*	Indetermination or indecisiveness
Decreased sex drive	Anxiety, panic attacks	Increased use of stimulants (such as caffeine and sugar)
Frequent infections	Exhaustion or fatigue	Comfort eating
Exacerbation of chronic illness	Affected, changed or diminished sense of humour	Altered dietary habits
Teeth grinding	Depression	Excessive sleeping
Heartburn	Feeling overwhelmed	Obsessive or compulsive behaviours
Nausea	Negativity	Increased number of sick days
Weight gain or weight loss	*Increase in negative thoughts about self, for example in terms of personality traits, expectations for the future, or one's appearance.	Skin picking or hair pulling