

Symptoms of Stress

Stress is your body's response to the day-to-day struggles of life. A little stress can be healthy—it keeps your body alert and productive. However, too much stress can cause harmful physical, emotional, and behavioral symptoms.

Acute symptoms short-term symptoms during a stress episode		
Physical	Emotional / cognitive	Behavioral
appetite changes dizziness headaches or migraines increased heart rate or chest pain neck or back pain shortness of breath or rapid breathing sleep disruptions tiredness or fatigue upset stomach or nausea	difficulty concentrating irritability loss of motivation loss of sex drive memory problems mood instability negative thinking rumination or worry about stressors	conflict in relationships eating habit changes nail-biting procrastination restlessness sleep habit changes substance use teeth-grinding withdrawing from relationships

Chronic problems consequences of long-term stress		
anxiety disorders depression heart disease	memory impairment poor diet and exercise habits skin diseases	sleep disorders substance addiction weakened immune system