

Symptoms of Stress

The Signs and Indicators

Symptoms of stress gives you a guide to what you may experience as a result of being stressed.

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I am sure you have had many people tell you that they, or you, are stressed. There will have definitely been a period of time in your life where you will have been affected by Stress. Stress in the workplace is very common in roles where the workload is not clearly defined or appears to have no end.

The caring services are a good example where there are always more people needing help than you can deal with.

Sales people and sales managers, that are constantly chasing sales targets, can show signs of stress, both chronic and short term.

It affects many small business owners and working mothers that just don't have enough hours in the day to fulfill all their roles.

Mild stress for short periods of time can actually be a very healthy sign that you are developing beyond your "comfort zone".

However, prolonged stress can lead to chemicals such as adrenaline and cortisol building up which can lead to various mental and physical symptoms which are listed below.

Mental Symptoms

- Anger
- Depression
- Anxiety
- Changes In Behaviour
- Food Cravings
- Lack Of Appetite
- Frequent Crying
- Difficulty Sleeping (Mental)
- Feeling Tired
- Difficulty Concentrating

Physical Symptoms

- Chest Pains
- Constipation Or Diarrhoea
- Cramps Or Muscle Spasms
- Nail Biting

- Dizziness
- Fainting Spells
- Nervous Twitches
- Pins And Needles
- Feeling Restless
- A Tendency To Sweat
- Sexual Difficulties Such As Erectile Dysfunction Or A Loss Of Sexual Desire
- Breathlessness
- Muscular Aches
- Difficulty Sleeping (Physical)

This is not the definitive list of stress symptoms.