

## SIGNS OF STRESS

It is important that your **signs of stress** are recognized, understood and accepted.  
 You can recognize **signs of stress** on **4 levels**: physical, behavior, feelings and thoughts.

Specify below the signs you recognize.

Physical Stress signs <i>(effects of stress on your <b>body</b>)</i>		Behavioral Stress signs <i>(effects of stress on your <b>behavior</b>)</i>		Emotionally Stress signs <i>(effects of stress on your <b>feelings</b>)</i>		Mental Stress signs <i>(effects of stress on your <b>thoughts</b>)</i>	
Backache		Rushed / Agitated		Fear		Trouble concentrating	
Abdominal pains		Pacing up and down		Down feeling		Worrying	
tiredness		Short-tempered		Irritated		Concerning	
Headache		Poorer performance		Frustrated		Fixating on details	
Indigestion / stomach ache		Smoking more		Dissatisfaction		Negative thinking	
Raised blood pressure		Drinking more		Tense		Worst-case scenario	
Muscle pain		Nail biting		Forgetfull			
Speed up haertbeat		Complaining a lot		More quickly emotional			
Breating speed up		Behave chaotically		More lustless			
Muscle tension		Check excessively		More anxious			
Increase in tranpsiration		Apathy		Mentally fatigued			
Trembling, shaking							
Dry mouth							
Dizziness							