Signs and Symptoms of Stress

There are many signs and symptoms of stress that you can be aware of and watch for during and after you carry out your duties as a READ. What may seem normal emotional or physical responses, can often be cues that you are consciously or sub-consciously reacting to stresses. Review the lists on this page to become aware of the many ways that stress can present itself in our bodies and actions. Also note those that, should you experience them, warrant a trip to a nurse or physician.

PHYSICAL	EMOTIONAL	INTELLECTUAL	RELATIONAL
• appetite changes • headaches* • Tension • Chest pain* • Fatigue • weight change • increasing colds • muscle aches* • rash* • foot/finger tapping • increased alcohol use • increased drug use • increased tobacco use	• anxiety • frustration • short temper • apathy • mood swings • nightmares • crying spells • irritability • depression • easily discouraged • easily startled • stoical	• forgetfulness • dull senses • poor concentration • stuttering • low productivity • negative attitude • confusion • lethargy • loss of creativity • boredom • negative self-talk	• feeling isolated • intolerant of others • resentful • loneliness • lashing out at others • marriage problems • social withdrawal • lowered sex drive • nagging • anti-social behavior • lack of intimacy