

Do I have symptoms of stress?

The following inventory of stress symptoms contains the most typical reactions to stress. As such, it can help to recognize your symptoms and begin focusing on ways to manage your stress.

Stress Management for the Health of It Clemson University Extension

Physical

headaches	weight change	increased alcohol, drug, and/or tobacco use
insomnia	digestive upsets	neck and shoulders tight up and/or ache
colds	accident prone	
pounding heart	teeth grinding	
fatigue	restlessness	

Mental

forgetfulness	confusion	dull senses
lethargy	poor concentration	no new ideas
low productivity	boredom	negative attitudes

Emotional

anxiety	feeling down	mood swings
bad temper	crying spells	irritability
depression	nervous laugh	worrying
easily discouraged		

Social

isolation	resentment	loneliness
clamming up	lowered sex drive	nagging
few contacts with friends	using people	

Look over the symptoms you've checked and mark those that occur frequently. Study your list.

- What symptoms cause you the most concern?
- Are you always aware when they are happening to you?
- Can you stop them from happening?
- Do you see a pattern in your symptoms?
- Can you name one effective way of coping with each of your stress reactions?

After recognizing your most frequent sources of stress, their patterns, and the ways you might cope with them, you can begin developing your own stress management plan of action.