

SOME SYMPTOMS OF STRESS

People's reaction to stress varies. Below is a comprehensive list of the many different ways people may experience stress.* If you would like to discuss your own stress issues please contact Ann M. Bassoni, LCSW at UK Work + Life Connections at (859) 2579433 or ann.bassoni@uky.edu.

Physical (How our body reacts)

Breathlessness	Churning stomach
Diarrhea	Dizziness
Dry mouth	Excess perspiration
Fatigue	Headaches
Hyperventilating	Increased colds/flu
Increased heart rate	Indigestion
Impotence	Nausea
Palpitations	Pre Menstrual Syndrome
Sense of heart pounding	Shallow breathing
Sleeping problems	Tension Headaches
Tingling in hands/legs	Tremor in hands/legs
Weight loss/gain	

Psychological (How we behave)

Aggression	Agitation
Avoidance behavior	Crying
Decreased/increased sexuality	Difficulty relaxing
Difficulty with relationships	Eating fast
Eating too much/too little	Gambling
Hostile behavior	Impatience
Increased alcohol consumption	Increased use of caffeine
Increase in smoking	Losing temper
Making mistakes	Nail biting
Outbursts of anger	Poor eye contact
Poorer personal hygiene	Poor time management
Restlessness	Risk Taking
Substance abuse	Talking fast
Walking fast	Withdrawal from relationships
Withdrawal from activities	

Psychological (How we think and feel)

Abrasive	Anxious
Blaming others	Catastrophising
Cynical	Depression

Depressed/Anxious thinking
Excess worries over health
Feelings of fear
Frustration
Hostile
Increased worrying
Irritability
Lack of concentration
Lower self-esteem
Mood swings
Pessimistic thinking
Sensitivity to criticism
Stressful thinking
Worrying

Excess guilt
Feelings of failure
Feeling unable to cope
Hopelessness/Helplessness
Hypercritical of self/others
Indecision
Jealousy
Loss of confidence
 Mind in a whirl
 Negative thinking
Rumination
Snappy
Tense

Work Related (How we may be affected in our work)

Absenteeism/at work too much
Inability to delegate
Inefficiency
Procrastination
Poor interaction with colleagues
Resentment
Irritability

Accidents
Increased sick days
Persistent lateness
Poor decision making
Reduced work performance
Anger

*For more information about this list, go to <https://stresscourse.tripod.com/id5.html>.