SIGNS AND SYMPTOMS OF STRESS

BEHAVIOR SIGNS
- Worrying about things you didn’t worry about before
- Loss of interest in things you used to enjoy (hobbies)
- Wanting to withdraw from people and activities
- Poor concentration, confusion; forgetfulness
- Uncertainty or trouble making decisions
- Relationship problems
- Sad mood
- Feeling anxious
- Change in personality, irritability
- Negative thinking
- Increased smoking/drinking

PHYSICAL SIGNS
- Weight loss or gain, changes in appetite
- Stomach or gastrointestinal problems
- Poor or disturbed sleep
- Clenching or grinding teeth
- Chest pain
- Poor hygiene

WHAT CAN YOU DO

Do you recognize the signs and symptoms in yourself or someone you know?

YOURSELF
- Reach out to a loved one. Talk about how you are feeling.
- Talk to your friends, clergy, or medical provider.
- Reach out to a mental health counselor.

SOMEONE YOU KNOW
- Listen attentively and without judgement. Try to understand where they are coming from.
- Share your concerns about his/her behavior, mood, appearance, etc. Ask questions about any changes you observe.
- Encourage them to reach out/tell a family member.

National Suicide Prevention Line: 1-800-273-8255

Chronic, prolonged stress can lead to anxiety and depression.