

## Warning signs of stress:

### Physical symptoms:

Headaches  
Indigestion  
Stomachaches  
Sweaty palms  
Sleep difficulty  
Dizziness

Back pain  
Tight neck and shoulders  
Racing heart  
Tiredness  
Ringing in the ears  
Restlessness

### Behavioral symptoms

Excess smoking  
Bossiness  
Compulsive gum chewing  
Critical attitude of others

Grinding of teeth  
Overuse of alcohol  
Compulsive eating  
Inability to get things done

### Emotional symptoms

Crying/deep sighing  
Nervousness/anxiety  
Boredom, nothing has meaning  
Edginess, ready to explode  
Feeling powerless to change things

Overwhelming sense of pressure  
Anger  
Loneliness  
Unhappiness for no reason  
Easily upset

### Cognitive symptoms

Trouble thinking clearly  
Forgetfulness  
Lack of creativity  
Memory loss

Inability to make decisions  
Thoughts of running away  
Constant worry  
Loss of sense of humor

### Child specific symptoms

Change in grades or work habits  
Loss of joy in activities  
Change in appetite/stomach aches  
Increased visits to nurse's office  
Skipping school/discipline issues

Crankiness/snapping at siblings or pets  
Personality changes  
Weight changes  
Bullying and fighting  
Drug and alcohol use



