

## SIGNS THAT COULD MEAN TOO MUCH STRESS!

- Dry Mouth
- Lower back pain
- Tension Headaches
- Sighing
- Overeating/under eating
- Smoking
- Stomach cramps
- Diarrhea/constipation
- Nausea/vomiting
- Feeling “faint”
- Stroking beard/mustache
- Hair twirling/pulling/tossing
- Clenched jaw
- Nervous cough
- Tongue clicking
- Talking too much/too fast
- Inability to talk
- “Lump” in the throat
- Lack of sexual interest
- Sweating
- Menstrual irregularities
- Blushing
- Fingernail biting
- Leg-wagging/bouncing
- Rocking back and forth
- Depression
- Anger/irritability/resentment
- Desire to run away
- Muscle spasms/tightness
- Clammy hands
- Lip biting/inside of cheek biting
- Cry at the “drop of the hat”
- Hyperactivity or listlessness
- Inability to be alone
- Sleeping too much or not enough
- Heart palpitations
- Distractibility
- Proneness to errors
- Decreased productivity
- Difficulty making decisions
- Confusion
- Alcoholism/drug dependence
- Difficulty concentrating
- Forgetfulness
- Nightmares
- Butterflies in the stomach
- Stomach knots
- Giggling (uncontrollable)
- Frequent indigestion
- Skin problems (rashes)
- Difficulty sleeping
- Cold hands and feet
- Frequent low grade infections
- Frequent colds/flu
- Frequent allergy or asthma attacks
- Panic/anxiety attacks
- Fatigue/weariness
- Continual Boredom
- Hypochondria

### **Stress can be a significant factor in:**

ASTHMA ATTACKS (frequency & duration)	HYPERTENSION
RHEUMATOID ARTHRITIS	SKIN PROBLEMS (psoriasis, rosacea)
DIABETES (instability)	EATING DISORDERS
HEART DISEASE	HIGH CHOLESTEROL (↑LDL & ↓HDL)
IRRITABLE BOWEL SYNDROME	NERVOUS TICS
DIGESTIVE DISORDERS	STROKE
CANCER (reduced immune response)	DEPRESSION
COLDS & FLU (reduced immune response)	TENSION HEADACHES & MIGRAINES