

# Stress Manifestations

*How stress manifests itself is distinct to every individual, and can vary according to circumstance. The manifestations identified below are just some of the most commonly acknowledged or diagnosed indicators of stress. We often experience the symptoms below without making a connection to stress, but in attempting to identify and manage stress, it is helpful to have greater awareness about the way our bodies and minds tell us what is going on!*

## **Behavioral/Emotional Manifestations**

Anger and hostility

Teeth grinding

Apprehension

Indecisiveness

Complaining

Irritability

Critical of self and others

Lack of satisfaction

Crying

Mood swings

Denial

Nail biting

Depression

Anxiety

Diminished initiative

Restlessness

Withdrawal

Mistrust

## **Intellectual Manifestations**

Forgetfulness

Lack of concentration

Lack of attention to details

Past orientation

Lack of awareness

Reduced creativity

## **Physical Manifestations**

Chronic fatigue

Indigestion, stomachaches

Constipation

Insomnia

Cool, clammy hands

Loss of appetite

Nausea or vomiting

Disturbed motor skills

Overeating

Dry mouth

Sneezing

Headaches

Frequent urination

Spasms

Heart palpitations

Stooped posture

Tight muscles

Hyperventilation

Sweaty palms

Rash