

Signs of Stress



If you are experiencing these symptoms of stress, do not think you are losing your mind. These are normal reactions to an *abnormal* event.

1. Feelings of sadness or anger
2. Pounding heart
3. Dry throat and mouth
4. Having a hard time "thinking straight," thoughts racing through your mind
5. Feeling tired, having no energy
6. Not being able to enjoy things that you used to enjoy
7. Being easily startled, feeling "jumpy"
8. Change in appetite and sleeping patterns
9. Grinding your teeth
10. Floating anxiety - feeling fearful, but not being sure what you are afraid of
11. Feeling like you can't stop crying
12. Feeling like you want to run away and hide, wanting to be by yourself all of the time

