



# STRESS & DEPRESSION

## Text Button F

### PHYSICAL, EMOTIONAL, BEHAVIORAL SIGNS AND SYMPTOMS OF STRESS

#### Physical

- Muscle tension
- Myalgias, neck pain
- Cold/sweaty hands
- Facial tics
- Fatigue
- Tension headaches
- Indigestion
- High blood pressure
- Ulcers
- Heart palpitations
- Back or joint pain

#### Emotional

- Anxiety
- Fear
- Irritability
- Hopelessness
- Helplessness
- Impatience
- Depression
- Nervousness
- Guilt

#### Behavioral

- Change in appetite
- Sleep disturbance
- Forgetfulness
- Angry outbursts
- Aggression
- Decline in productivity
- Social withdrawal
- Change in sexual interest
- Increased use of caffeine, tobacco, alcohol, or drugs
- Indecisiveness
- Loss of concentration