



Identifying symptoms of _____

Think about how you know when you are stressed. Write down as many symptoms as you can in either the physical or emotional column.

Physical	Emotional



Symptoms of stress

Physical	Emotional
<ul style="list-style-type: none">• Aches and pains• Sickness and dizziness• Chest pain• Rapid heart rate• Frequent colds and illnesses• Eating more or less (Resulting in weight gain or loss)• Being negative• Worrying about things• Sleeping too much or too little• Nervous habits e.g. nail biting• Withdrawing from friends and family	<ul style="list-style-type: none">• Mood swings• Depression and general low mood• Anxiety• Agitation• Irritability or anger• Feeling overwhelmed• Feeling lonely and isolated• Anger• Unhappiness