

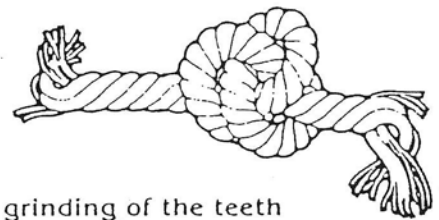
# STRESS



## What are the early signs?

**P**erhaps you feel depressed, anxious or suffering from loss of self-esteem. You can also feel angry, frustrated, irritable and constantly exhausted. You may suffer from a tendency to cry more easily, a lingering cold, headaches, or a frequent upset stomach. You may even feel tightness in the chest, shortness of breath, and you may have difficulty in getting to sleep or sleeping undisturbed through the night. Your concentration and memory may not seem to be what they were, and your decision-making power may be impaired.

## Warning Signs of Stress



- General irritability, hyperexcitation
- Pounding of the heart
- Dryness of the throat and mouth
- Impulsive behavior, emotional instability
- Urge to cry or run and hide
- Inability to concentrate
- Accident proneness
- Feelings of unreality, weakness or dizziness
- Fatigue
- "Floating anxiety"
- Feeling "keyed up"
- Trembling, nervous tics
- Easily startled by small sounds, etc.
- High-pitched, nervous laughter
- Stuttering or other speech difficulties
- Insomnia
- Bruxism or grinding of the teeth
- Inability to sit quietly and relax
- Sweating
- Frequent need to urinate
- Diarrhea, indigestion, queasiness in the stomach and sometimes vomiting
- Pain in the neck or lower back
- Migraine headaches
- Loss of or excessive appetite
- Increased smoking
- Increased use of medicines
- Alcohol or drug addiction
- Nightmares
- Neurotic behavior

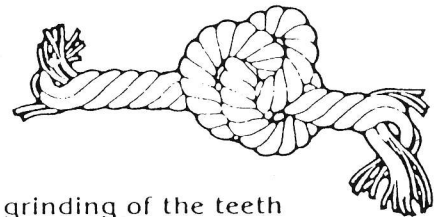
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