Common Symptoms of Stress

Your body uses stress as a means to react to demands or threats of any kind. The overwhelming feeling of stress is familiar to most people. It can impair one's ability to think clearly, carry out tasks effectively, and even take a breath. However, despite these common manifestations, the indicators of stress and their origins might vary dramatically from one individual to the next.

When you have to speak in front of a large group of people, for example, you may have uncontrollable shaking. On the other hand, someone else might get a headache if they have to meet a very important deadline.

Stress symptoms may be physical or emotional. Common stress symptoms include, but are not limited to:

- Digestive issues
- Feelings of anger or sadness
- Trouble sleeping
- Chest pain

Consider the ways in which your body reacts when it is under stress.