

SUNDAY MORNING Health Corner

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.



THE
BALM 
IN
GILEAD™
INC.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150

Richmond, VA 23236

804.644.2256