

SUNDAY MORNING Health Corner

Common Symptoms of Stress

Your body uses **stress** as a reaction to demands or threats of any kind. The overwhelming feeling of **stress** is familiar to most people. It **can impair your 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 can **vary from one person to another**.

For example, public speaking can create some form of anxiety in many people. On the other hand, someone else may get a **headache** if they have to make a tight deadline.

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



Digestive issues



Feelings of anger or sadness



Trouble sleeping



Chest pain

We all go through some level of stress. Take a walk, read a book, get some fresh air or simply give yourself a break when your stress levels go up.



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