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.