

PHYSICAL SYMPTOMS	MENTAL SYMPTOMS	BEHAVIORAL SYMPTOMS
Headache	Memory or concentration problems	Impaired performance
An impaired immune system that leads to frequent illness	Tense and restless	Increased use of stimulants
Digestive problems	Touchy	Drug abuse
Pain	Mood swings – long lasting bad mood	Emotional eating
Palpitations	Feeling powerless	The craving for sweets
Excessive sweating	Don't feel like going to work	More irritable
Dizziness	Feeling not being good enough	Distances himself from other people
Lack of sex drive	Anxiety	Insomnia
Poor sleep		Indecisiveness
		Impatience

FIGURE 4.45  
Some symptoms of stress.