

Table 20-1: Common Signs of Stress

Physical	Psychological	Behavioral
• Backaches	• Anger and frustration	• Emotional outbursts
• Change in eating patterns	• Loss of self-confidence and self-esteem	• Withdrawal from friends and family
• Diarrhea	• Loss of interest in and commitment to work	• Loss of punctuality and neglect of duty
• Elevated blood pressure	• Feelings of inadequacy, helplessness, and guilt	• Decrease in judgmental ability
• Fatigue	• Feelings of restlessness	• Inability to focus on tasks
• Gastrointestinal problems	• Depression	• Tearfulness
• Headaches	• Sense of being overwhelmed or overloaded	• Increased use of alcohol or other drugs
• Insomnia	• Mood swings	• Difficulty getting along with people
• Muscle tension	• Sense of failure	• Impaired work performance
• Weight loss	• Anxiety about the future	• Resistance to change