# SIGNS AND SYMPTOMS OF POSSIBLE STRESS OVERLOAD (Mayo Clinic)

| Thoughts and Feelings | Behaviors |
|---|---|
| • Anger<br>• Irritability<br>• Anxiety<br>• Lack of direction<br>• Apathy<br>• Mood swings<br>• Cynicism (pessimism, doubt)<br>• Nightmares<br>• Defensiveness<br>• Panic<br>• Depression<br>• Feeling of impending danger or doom<br>• Restlessness<br>• Feeling of insecurity<br>• Sadness<br>• Helplessness<br>• Suspiciousness<br>• Hopelessness<br>• Worthlessness | • Angry outbursts<br>• Increased complaining<br>• Avoiding social activities<br>• Increased crying<br>• Being late<br>• Increased smoking<br>• Increased use of alcohol or drugs<br>• Change in religious practices<br>• Change in sleep patterns<br>• Increased use of sick time<br>• Decreased interest in sex<br>• Difficulty concentrating<br>• Neglecting responsibility<br>• Excessive worrying<br>• Nervous twitch or habit<br>• Forgetfulness<br>• Overeating<br>• Impatience<br>• Poor job performance<br>• Increased arguing<br>• Poor personal hygiene<br>• Increase in accidents or injuries<br>• Procrastination<br>• Inability to enjoy activities you used to like |