

**Table 2 Common Signs of Stress**

WHERE WE FEEL IT	WHAT IT FEELS LIKE
Body	<ul style="list-style-type: none"><li>• Upset stomach and digestive difficulties</li><li>• Headache</li><li>• Dizziness</li><li>• Tiredness</li><li>• Trouble sleeping</li><li>• Tight or tense muscles</li><li>• Tight chest or chest pains</li><li>• Racing heart and increased blood pressure</li><li>• Itchiness from a "stress rash" (hives)</li><li>• Getting sick (illness or infection)</li></ul>
Mind	<ul style="list-style-type: none"><li>• Memory problems</li><li>• Racing thoughts</li><li>• Trouble focusing</li></ul>
Heart	<ul style="list-style-type: none"><li>• Sad</li><li>• Angry</li><li>• Anxious or panicky</li><li>• Restless</li><li>• Moody</li><li>• Overwhelmed</li></ul>
Spirit	<ul style="list-style-type: none"><li>• Existential dread</li><li>• Exhaustion</li><li>• Feeling defeated</li><li>• Giving up</li><li>• Loneliness</li><li>• Unmotivated</li></ul>

*Source:* These stress symptoms come from various sources, including the Cleveland and Mayo Clinics.