

TWU Counseling Center

Are you STRESSED or ANXIOUS?

Symptoms of Stress and Anxiety

There are several signs and symptoms that you may notice when you are experiencing stress and anxiety. These signs and symptoms fall into four categories: Feelings, Thoughts, Behavior, and Physiology. When you are under stress, you may experience one or more of the following:

Feelings

Feeling anxious.	Feeling edgy
Feeling scared.	Feeling nervous.
Feeling irritable.	Feeling wound up.
Feeling moody.	Feeling alarmed.

Thoughts

Low self-esteem.	Hazy thinking.
Fear of failure.	Mental blocking.
Inability to concentrate.	Worrying about the future.
Embarrassing easily.	Preoccupation with thoughts/tasks.

Behavior

- Stuttering and other speech difficulties.
- Crying for no apparent reason.
- Acting impulsively.
- Startling easily.
- Laughing in a high pitch and nervous tone of voice.
- Grinding your teeth.
- Increasing smoking, use of drugs and alcohol.
- Being accident prone.
- Losing your appetite or overeating.

Physiology

- Perspiration / sweaty hands.
- Increased heart beat.
- Trembling.
- Nervous ticks.
- Dryness of throat and mouth.
- Tiring easily.
- Urinating frequently.
- Sleeping problems.
- Diarrhea / indigestion / vomiting.
- Butterflies in stomach.
- Headaches.
- Pain in the neck and or lower back.
- Loss of appetite or overeating.
- Susceptibility to illness.

Stress and anxiety are often a normal human reaction to life's ups and downs. It is important to take care of yourself when you are feeling this way. Caring for yourself can take many forms- and you can customize your self care to exactly meet your needs.

Read on for stress reduction hints and strategies!

STRESS REDUCERS APPRAISAL INVENTORY

How do you currently reduce stress and tension? Listed below are many of the common stress reducers. Indicate with an X on each scale how often you employ the particular stress reducer to lower tension when you experience stress.

	Very Often	Rare
1. Food	-----	-----
2. Sleep	-----	-----
3. Alcohol	-----	-----
4. Sex	-----	-----
5. Sports/activity	-----	-----
6. Anger	-----	-----
7. Quiet time	-----	-----
8. Hobbies	-----	-----
9. Drugs	-----	-----
10. Talking w/others	-----	-----
11. Daydreaming	-----	-----
12. Music	-----	-----
13. Other	-----	-----
14. Other	-----	-----

Now go back and indicate on each scale by using a “V” to what extent you would like to be employing each stress reducer.

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