

## Negative effects of stress

Physical Symptoms			
Dizziness <input type="checkbox"/>	Headaches <input type="checkbox"/>	Sweaty palms <input type="checkbox"/>	More frequent illness <input type="checkbox"/>
General aches and pains <input type="checkbox"/>	Racing heart <input type="checkbox"/>	Exhaustion <input type="checkbox"/>	Indigestion <input type="checkbox"/>
Grinding teeth <input type="checkbox"/>	Stooped posture <input type="checkbox"/>	Trembling <input type="checkbox"/>	Muscle tension <input type="checkbox"/>
Clenched jaws <input type="checkbox"/>	Shoulder and back pain <input type="checkbox"/>	Upset stomach <input type="checkbox"/>	Difficulty sleeping <input type="checkbox"/>
Thinking-based symptoms			
Constant worry <input type="checkbox"/>	Forgetfulness <input type="checkbox"/>	Indecisive <input type="checkbox"/>	Lacking concentration <input type="checkbox"/>
Lack of creativity <input type="checkbox"/>	Loss of sense of humour <input type="checkbox"/>	Closed to new approaches <input type="checkbox"/>	Difficulty learning new things <input type="checkbox"/>
Emotional symptoms			
Anxiety <input type="checkbox"/>	Anger <input type="checkbox"/>	Feeling powerless <input type="checkbox"/>	Frequent mood swings <input type="checkbox"/>
Irritability <input type="checkbox"/>	Frustration <input type="checkbox"/>	Nervousness <input type="checkbox"/>	Sadness <input type="checkbox"/>
Behavioural changes			
Bossiness <input type="checkbox"/>	Compulsive eating <input type="checkbox"/>	Critical attitude of others <input type="checkbox"/>	Explosive actions <input type="checkbox"/>
Frequent job changes <input type="checkbox"/>	Impulsive actions <input type="checkbox"/>	Increased use of alcohol <input type="checkbox"/>	Withdrawal from social situations <input type="checkbox"/>