

## What are my stress symptoms?

<b>Physical stress symptoms</b>	<b>Cognitive stress symptoms</b>	<b>Emotional stress symptoms</b>
<input type="checkbox"/> Sweaty palms <input type="checkbox"/> Perspiration <input type="checkbox"/> Dry mouth <input type="checkbox"/> Increased heart rate <input type="checkbox"/> Heart palpitations <input type="checkbox"/> Feeling tired <input type="checkbox"/> Constant fatigue <input type="checkbox"/> Increased blood pressure <input type="checkbox"/> Tension <input type="checkbox"/> Migraine headaches <input type="checkbox"/> Weight loss or gain <input type="checkbox"/> Excessive nervous energy <input type="checkbox"/> Acne <input type="checkbox"/> Eczema <input type="checkbox"/> Tendency towards fainting <input type="checkbox"/> Nausea <input type="checkbox"/> Stomach or intestinal ulcers <input type="checkbox"/> Butterflies in stomach <input type="checkbox"/> Grinding one's teeth <input type="checkbox"/> Frequent heartburn <input type="checkbox"/> Chronic diarrhea <input type="checkbox"/> Constipation <input type="checkbox"/> Susceptibility to allergies <input type="checkbox"/> Illness <input type="checkbox"/> Sexual dysfunction <input type="checkbox"/> Lack of sexual interest <input type="checkbox"/> Excess untamable energy	<input type="checkbox"/> Loss of confidence <input type="checkbox"/> Increase in self-criticism <input type="checkbox"/> "Black and white" thinking <input type="checkbox"/> Negative thinking <input type="checkbox"/> Trouble concentrating <input type="checkbox"/> Distracted <input type="checkbox"/> Forgetting things <input type="checkbox"/> Disorganized <input type="checkbox"/> Obsessive thinking <input type="checkbox"/> Poor judgment <input type="checkbox"/> Poor time management <input type="checkbox"/> Procrastination <input type="checkbox"/> Excessive worry	<input type="checkbox"/> Prolonged sadness <input type="checkbox"/> Too much crying <input type="checkbox"/> Inability to cry <input type="checkbox"/> Feeling overwhelmed <input type="checkbox"/> Feeling you cannot cope <input type="checkbox"/> Feelings of hopelessness <input type="checkbox"/> Pessimism <input type="checkbox"/> Anxiety <input type="checkbox"/> Feeling scared <input type="checkbox"/> Afraid to make decisions <input type="checkbox"/> Irritability <input type="checkbox"/> Hostility <input type="checkbox"/> Angry at minor things <input type="checkbox"/> Lack of humor <input type="checkbox"/> Inability to laugh at self <input type="checkbox"/> Moody <input type="checkbox"/> Depressed <input type="checkbox"/> Anger <input type="checkbox"/> Lack of interest in "fun" <input type="checkbox"/> Feeling burned out
	<b>Social stress symptoms</b> <input type="checkbox"/> Isolation <input type="checkbox"/> Resentment <input type="checkbox"/> Nagging <input type="checkbox"/> Distrust <input type="checkbox"/> Intolerance of others <input type="checkbox"/> Loneliness	
	<b>Spiritual stress symptoms</b> <input type="checkbox"/> Loss of faith <input type="checkbox"/> Doubt <input type="checkbox"/> Loss of meaning <input type="checkbox"/> Feeling of emptiness <input type="checkbox"/> Cynicism <input type="checkbox"/> Apathy <input type="checkbox"/> Loss of direction	