

# Signs and symptoms of stress/anxiety

The most dangerous thing about low resilience is how easily it can creep up on you. You get used to it. It starts to feel familiar, even normal. You don't notice how much it's affecting you, even as it takes a heavy toll on your mental and physical health. That's why it's important to be aware of the common warning signs and symptoms that might indicate you have low levels of resilience.

## Cognitive symptoms

- › Memory problems
- › Inability to concentrate
- › Poor judgement
- › Seeing only the negative
- › Anxious or racing thoughts
- › Constant worrying

## Behavioural symptoms

- › Eating more or less
- › Sleeping too much or too little
- › Withdrawing from others
- › Procrastinating or neglecting responsibilities
- › Using alcohol, cigarettes, or drugs to relax
- › Nervous habits (e.g. nail biting, pacing)

## Emotional symptoms

- › Depression or general unhappiness
- › Anxiety or agitation
- › Moodiness, irritability, or anger
- › Feeling overwhelmed
- › Loneliness and isolation
- › Other mental or emotional health problems

## Physical symptoms

- › Physical symptoms
- › Aches and pains
- › Diarrhoea or constipation
- › Nausea, dizziness
- › Chest pain, rapid heart rate
- › Loss of sex drive
- › Frequent colds or flu

