

Stress Signs

Heart beats faster
Muscles feel tight
Headache
Stomach ache
Butterflies
Nausea- feel sick
Tightness in chest
Tightness in throat
Throat hurts
Heart feels squeezed
You get louder
You get quieter
You shut down- can't think or talk
Want to run away
Want to hide
Tightness in head
Fists clench
Sweaty hands
Crying
Breathing faster
Clenching teeth
Breaking or throwing things
Need to go to the bathroom
Laughing
Turn red in the face
Dry mouth
Frowning
Want to hurt someone
Dizzy
Eyes wide
Cursing
Shaky legs
Shaky voice
Skin feels hot
Skin feels cold
Skin feels prickly
Pacing
Pulling hair
Biting nails
Picking at skin
What else? _____

