



SYMPTOMS OF STRESS

When you're under stress, you may start feeling overwhelmed: you have too much to do in too little time, you can't possibly do everything you feel you must do. You may feel angry, unfairly judged, and impatient with yourself and others. You may feel you don't have enough time to have fun or to be with the people you most enjoy. You may cry and get upset about small things. You may worry about *everything!*

There are a number of different results from stress. These results include stomach aches and diarrhea, for example, before exams or a much anticipated date or other major event.

Although some teens may not be affected a great deal by stress, other teens have chronic problems such as irritable bowel syndrome or colitis, or diarrhea and constipation may alternate. Some of these problems can be avoided.

Some symptoms of stress include:

- increased heart rate
- rapid breathing
- stammering
- headaches; stomach aches; chest pains
- diarrhea
- sweating
- sleeplessness
- alcohol and drug addiction

Stress symptoms are not to be feared, but they do signal that you are not managing your life effectively. They indicate that changes need to be made sooner or later, or more nervous consequences may follow.



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