

	I have noticed this sign of stress	Those close to me have noticed this in me
Poor sleep		
Headaches		
Stomach problems / pain / feeling sick		
Feeling shaky		
Feeling dizzy		
Racing thoughts / can't switch off		
Ruminating or worrying about something in particular		
Appetite changes		
Irritable / snappy		
Low motivation / can't get started		
Tired all the time		

Jumpy / easy to startle		
Heart pounding		
Unable to relax		
Feeling on edge		
Avoiding people		
Drinking more alcohol / using more substances		
Changes to sex drive		
Hard to think clearly		
On guard or watchful		
Difficulty concentrating		