Stressed?

Know the Behavioral Symptoms:

• Eating more or less
• Isolating oneself
• Nervous habits
• Procrastinating
• Unable to sleep
• Using alcohol or drugs to relax

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Stressed?

Know the Cognitive Symptoms:

- Anxious thoughts
- Constant worrying
- Inability to concentrate
- Memory problems
- Pessimistic approach
- Perseverative thoughts
- Poor judgment

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Stressed?

Know the Emotional Symptoms:

- Agitation
- Feeling overwhelmed
- General unhappiness
- Irritability
- Moodiness
- Sense of loneliness

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Stressed?

Know the Physical Symptoms:

- Aches and pains
- Butterflies in stomach
- Diarrhea or constipation
- Fatigue, loss of energy
- Frequent colds
- Loss of sex drive
- Nausea, dizziness
- Rapid heartbeat

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Stressed?

Try these tips:

• Take a break
• Get a good night’s rest
• Eat breakfast
• Prioritize
• Set realistic goals
• Plan your day
• Exercise

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