

# HIDDEN SIGNS OF STRESS

**Stress can affect your body and mind in multiple ways.**

Chronic stress can have hidden signs, but you can learn to recognize them. If you find that you're suffering from physical ailments that have no obvious physical cause, then stress might be the culprit.

Be aware of common signs of too much stress and take action to make stress-reduction techniques a daily habit.

**Acne**

**Stomach  
aches**

**Frequent colds -  
weakened  
immune system**

**Sleepwalking**

**Strange or  
vivid dreams**

**Muscle spasms  
or back pain**

**Tension, leading  
to sore muscles  
or joint pain**

**Sweating**

**Sore jaw from  
grinding teeth  
during sleep**

**New or  
worsened  
allergies**

**Nervous habits**

**Migraines**

**Itching**

**Food cravings**