

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