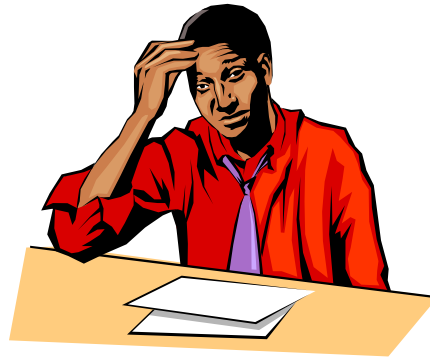


# SIGNS AND SYMPTOMS OF STRESS

Stress can be recognized in *physical, emotional,*  
and/or *behavioral* ways:



Feeling anxious, depressed, or irritable

Lack of interest, motivation, or energy

Fatigue

Weight or appetite changes

Stomach upset or indigestion

Muscle tension

Headaches

Trouble sleeping

Frequent minor illnesses

If your stress symptoms last for more than two weeks or become worse, *see your doctor* as soon as possible.