

Stress Domains and Accompanying Symptoms

This list is not intended to be diagnostic but rather a tool for education about stress symptoms.

Physical

- Rapid heart rate
- Hyperventilation or shortness of breath
- Trembling/shaking or muscle tension
- Sweating or chills
- Gastrointestinal distress (nausea, pain)
- Dizziness
- Sudden, unexplained exhaustion

Emotional

- Intense fear
- Panic
- Anxiety
- Irritability
- Severe agitation
- Overwhelming sadness and/or crying spells
- Emotional numbness (flat affect)

Cognitive

- Difficulty concentrating
- Confusion
- Impaired memory
- Racing or repetitive thoughts (rumination)
- Poor decision making
- Disorientation
- Distorted perception of time

Behavioral

- Restlessness (pacing)
- Avoidance of eye contact
- Social withdrawal
- Aggressive outbursts
- Freezing/immobility
- Preoccupation with immediate and often maladaptive self-soothing behaviors (e.g., smoking, excessive pacing)

Social

- Detachment from others
- Feelings of isolation or disconnect
- Hypersensitivity to criticism
- Excessive dependence on others for reassurance