

Spotting Stress Symptoms Before They Attack

An easy guide to catch stress before it catches you

Stress affects all of us. Sometimes we become so stressed that we fail to realize the weight it places upon us. Soon we are bombarded with negative effects. Being able to recognize the effects of stress helps to deal with stress before its negative consequences strike.

- **Pain**
Do you experience back or stomach pain? Feeling tense over an extended period of time can bring on pain that is sometimes severe.
- **Loss of Interest**
Experiencing stress can cause you to lose interest in things that you once found appealing.
- **Feelings of Despair**
Enduring tension for along time can bring about desperate feelings. If it seems like everything is going wrong, feelings of hopelessness often result.
- **Irritability**
Do you find yourself lashing out at people even when they have done nothing wrong? Stress can make it easy to overreact in various situations.
- **Excessive Drinking**
Occasionally, you may find yourself drinking when you are under pressure. This is not a healthy way to escape from your problems.
- **Isolation**
Trying to avoid situations is not an appropriate way to handle stress.