Signs and Symptoms of Stress (Teacher Key)

Label the drawing with the ways stress can affect you. There are a total of 20 possible signs and symptoms of stress.

- Short temper
- Hair loss
- Unable to sleep
- Sadness
- Binge eating
- Teeth grinding
- Muscle aches (tenses)
- Abdominal Pain (stomachache)
- Loss of appetite (losing weight)
- Constipation
- Hives (or other skin problems)
- Nail biting

Other possible answers: avoiding certain people, listlessness, restlessness, rapid speech, depression, insomnia, pessimistic (negative thoughts), fatigued (exhausted), crying, isolation, headache, nail biting, inability to focus and clenched jaw.