

A close-up photograph of a person's face, which is mostly obscured by their hands held up to their eyes. The person has long, wavy brown hair. The background is a dark, muted blue. In the top left corner, there are several white, elongated oval shapes that look like raindrops or falling petals. A bright yellow banner is positioned on the right side of the image, containing the title and subtitle text.

Signs of stress

SELF CHECK

Signs of stress

Think you might be stressed? These common tell-tale signs are like warning lights on a dashboard - your body and mind's way of showing that something is happening beneath the surface. Noticing them early gives you a chance to take action before the alarm goes off.

**Constant
worrying**

**Trouble
sleeping**

**Feeling
moody**

**Feeling
hopeless**

**Feeling
lonely**

**Decisions
difficult**

Headaches

Irritability

Nausea

**Frequent
infections**

**Social
withdrawal**

**Changes in
appetite**