

Some Signs of Stress

Physical Symptoms

Muscle aches
Chest pain
Headaches
High blood pressure
Heart disease
Upset stomach
Insomnia/fatigue
Infections
Rashes
Grinding teeth

Emotions

Depression
Anger
Fear
Anxiety
Irritability
Excitability
Low self esteem
Indifference
Impatience
Nervous tics

Behaviour

Over or under-eating
Increase in smoking/drinking
Drug use
Reckless driving
Increase in accidents/injury
“Workaholic” or
“Out of control” behaviours

Cognitive

Easily distracted
Difficulty concentrating
Lacking perspective
Repetitive and/or
negative thoughts
(Eg. Suicidal)

Spirituality

Feelings of helplessness
A sense of hopelessness
Questioning one’s purpose in life
A feeling of alienation from one's higher
power.

Manitoba
Farm & Rural
Stress Line

1-866-FOR-FARM



1-866-367-3276