

## Fast Facts

### Signs of Stress

<i>Emotional</i>	<i>Physical</i>
Moody, easily agitated, feeling overwhelmed, low self-esteem, unable to relax	Low energy, headaches, upset stomach, insomnia, frequent illness, low sex drive
<i>Cognitive</i>	<i>Behavioral</i>
Constant worrying, forgetful, disorganized, can't focus, poor judgement	Appetite changes, procrastination, increased alcohol/drugs/cigarette use

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