

Acute Stress Symptoms

(Reduction in work efficiency and functioning ability)

Physical Symptoms:

Perspiration

flushed face

Muscle tension

- neck ache
- shoulder ache
- stomachache
- backache
- leg ache

Muscle spasms and contractions

- twitching facial muscles
- twitching body muscles

Headaches

- tension & pressure headaches
- dizziness
- lightheadedness, fainting

Digestion problems

- vomiting diarrhea
- nausea
- stomach gas

Cardiovascular problems

- pounding chest

Circulation problems

- cold hands & feet
- hot flashes
- elevated temperature

Skin conditions

- itching

Lack of energy

- fatigue

Eye problems

- rapid eye movement
- eye twitch

Ear problems

- earaches
- loss of hearing
- ringing ears

Speech problems

- excessive verbalization

Body actions

- lack of coordination
- excessive rocking
- tremors in hands
- clenched jaws

Physical contact

- striking people
- throwing objects

Drug abuse

- increased smoking

Eating habits

- overeating
- lack of appetite

Sleep problem

- restless sleep

Emotional & Intellectual Symptoms:

Emotional mental

- inferior - inadequate
- frustration
- paranoid
- panicky feeling
- feeling of hate/hostility
- nightmare dreams
- guilt feelings
- mistrust
- hypochondria
- insecurity
- escapism desire

Empathy dysfunction

- short tempered
- easily angered
- grouchiness
- constant complaining
- can't tolerate people
- pouting

Helplessness

- excessive crying
- fear of unknown
- uncertainty
- hopelessness
- excessive dependency

Helplessness

- inability to cope
- self doubt
- excessive sadness

Intellectual dysfunction

- memory lapses
- indecisions - uncertainty
- lack of thought organization
- procrastination
- lack of motivation

