

10 Telltale signs of being stressed out



A little stress can heighten senses and productivity. However, too much stress can create or worsen physical and emotional problems. If you experience any of these signs regularly, take steps to manage stress sooner rather than later.

- 1 Memory or concentration problems
- 2 Moodiness and/or irritability
- 3 Inability to relax; worrying or racing thoughts
- 4 Skipping meals or eating on the run due to lack of time
- 5 Feeling run-down and/or too tired to exercise
- 6 Getting colds or other illnesses
- 7 Trouble staying or falling asleep
- 8 Eating, drinking, or smoking when you're tense
- 9 Seeing only the negative in life
- 10 Feeling overwhelmed or that life is out of control