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Signs of Stress - What to Watch For

Stress doesn't just stay in your head—it shows up in your whole body and mind. Recognizing these signs early helps you take better care of yourself.

Physiological Signs:

- Headaches
- Stomach aches / nausea
- Sweaty palms
- Racing heart
- Tight muscles
- Fatigue / low energy
- Trouble sleeping

Emotional Signs:

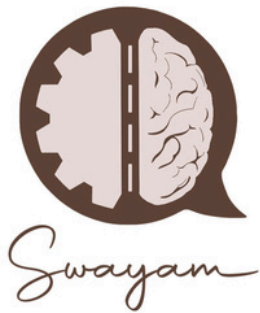
- Feeling anxious or nervous
- Mood swings
- Irritability / snapping at others
- Feeling low or hopeless
- Crying easily
- Feeling overwhelmed

Thought Signs :

- "I'm going to fail."
- "I can't handle this."
- "Everyone else is doing better."
- Racing thoughts
- Forgetting things
- Can't concentrate

Behavioral Signs:

- Procrastination
- Avoiding studying
- Overeating / loss of appetite
- Isolating from friends
- Fidgeting or pacing
- Overusing phone / social media



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Three Ways to Calm Your Mind

1. Deep Breathing (Box Breathing)

A quick reset for your nervous system.

How to do it:

- Inhale for 4 seconds
- Hold your breath for 4 seconds
- Exhale for 4 seconds
- Hold again for 4 seconds
-  Repeat 3-4 times

What it helps with:

Reduces anxiety, slows heart rate, and clears mental fog.

2. 5-4-3-2-1 Grounding Technique

Bring your brain back to the present moment.

Name:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

What it helps with:

Stops spiraling thoughts and helps you focus.



Swayam

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3. Write it Out

Let your thoughts out of your head – and onto paper.

Try this prompt:

- “What’s on my mind right now?”
- “What’s one thing I can control today?”

You don’t need to fix everything. Just acknowledge what’s going on.

Swayam