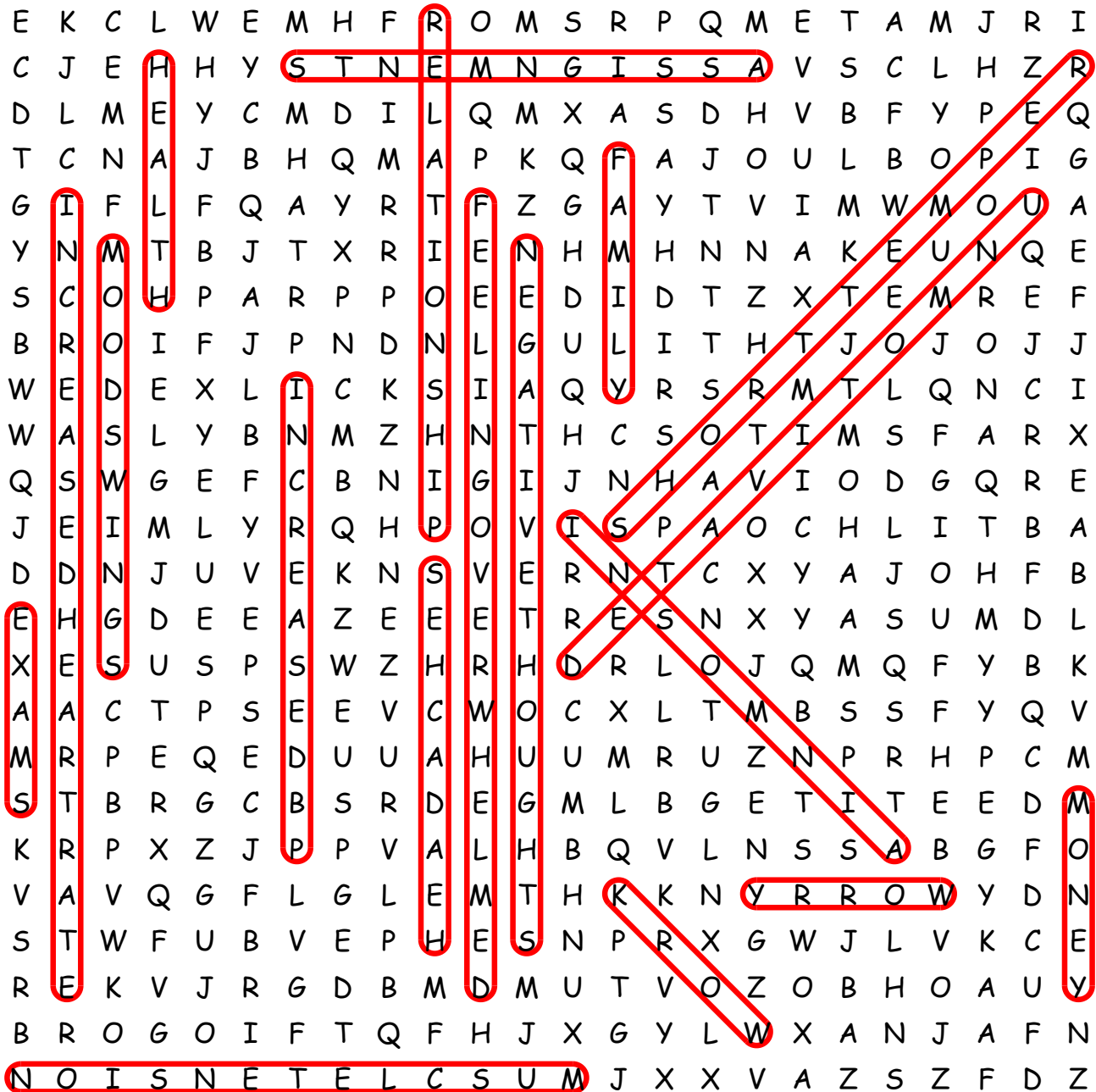


Signs, Symptoms & Causes of Stress



increased heart rate
muscle tension
increased bp
assignments
family
exams

feeling overwhelmed
short temper
unmotivated
headaches
health
money

negative thoughts
relationship
mood swings
insomnia
worry
work