



## Top Ten Behavioral Signs of Stress

1. Overdoing/Under doing activities (e.g. exercising, shopping sleeping, eating)
2. Using alcohol, cigarettes, or drugs to relax
3. Crying spells
4. Relationship conflicts,/ Picking fights with others
5. Decreased productivity
6. Isolating yourself from others / Social withdrawal
7. Procrastination, neglecting responsibilities
8. Nervous habits (e.g. nail biting, pacing)
9. Teeth grinding or jaw clenching
10. Overreacting to unexpected problems

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