



# Signs of Stress in Children

## Body

- tense muscles
- headache
- stomach-ache
- shallow breathing
- rapid heartbeat
- dry mouth
- cold, sweating palms
- skin rash
- eyes dart back and forth
- clenched jaw
- tense face
- disturbed sleep
- fatigue
- illness or faking it
- shaky
- diarrhea
- constipation
- sensitivity to sudden or loud noises

## Feelings

- intense feelings
- withdrawn
- fearful
- anxious
- frustrated
- sad
- angry
- overwhelmed
- panicky
- overly sensitive
- irritable
- helpless
- hopeless
- threatened
- overexcited

## Behaviour

- whining
- clinging
- poor listening
- biting
- kicking
- uncontrollable crying
- hair-twisting
- thumb-sucking
- nail-biting
- day-dreaming
- more prone to accidents
- fighting with friends and family
- restless
- jumpy
- impulsive
- cautious
- poor school performance
- lack of appetite or eating more than usual
- apathetic
- sucking on fingers or the sleeve of clothing
- nightmares and other sleeping problems
- regression to infantile behaviour

## Mind

- poor concentration
- whirling mind
- forgetful
- less creative
- difficulty problem solving
- not spontaneous
- easily distracted
- confused
- irrational