

Signs of Stress

Stress is a normal response to a difficult situation, such as a flu pandemic. All children and adults experience and show stress differently. During the breaks between waves of illness and after the pandemic is over, many people will begin to recover. Their signs of stress will go away. But for some people, the signs of stress continue or get worse, and life doesn't return to normal.

This chart shows some of the signs of stress for children. Seek help for yourself or children if any of these signs are severe and don't go away.

Behavior	Emotions	Physical	Mental
eating or sleeping much more or less	anxiety	headaches	inability to accept or cope with the death of loved one(s)
withdrawing from others	moodiness	stomachaches	distressing dreams, nightmares
neglecting responsibilities	sadness, tearfulness	difficulty sleeping	thoughts or images that won't go away
return to younger behaviors (for example, going back to diapers, fear of strangers)	short temper, anger	difficulty eating	difficulty concentrating
picking fights with others, or acting out	fear	worsening of health conditions	difficulty remembering
nervous habits (such as teeth grinding, nail biting, jaw clenching)	despair, hopelessness	fatigue/exhaustion	difficulty making decisions
	feeling "nothing," emotionally disconnected	skin breakouts (such as hives, eczema)	preoccupation with death/destruction
	feeling tense and "on edge"	rapid heartbeat	trouble thinking clearly
			poor judgment

Additionally, adults may experience guilt, shame, loss of sex drive, and/or chest pain.

Local resources for mental health support can be found at: _____

Local resources for faith-based support can be found at: _____

Local resources for medical care or supplies, financial aid, food, backup child care, and other supplies can be found at: _____