

## Hvordan merker man stress?

### FYSISKE SYMPTOMER

- \* Sammenpresset kjeve
- \* Stramming i muskler
- \* Hodepine
- \* Problemer med å sove
- \* Følsom overfor stimuli, (f.eks.høye lyder)

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### ATFERD

- \* Trøstespising/miste matlyst
- \* Trekke seg tilbake
- \* Slutte å trimme
- \* Slutte å gjøre morsomme ting

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### KOGNITIVE SYMPTOMER

- \* Bekymrer deg mer enn vanlig
- \* Problemer med å konsentrere deg
- \* Negative tanker

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### FØLELSER

- \* Redd/engstelig
- \* Blir lei deg
- \* Irritabel
- \* Sint

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