**Ways people show stress**

 

**STOMACH ACHE** **HEAD ACHE**

 

**BACK ACHE**  **ARGUING**

 **CRYING**  **ALONE**

  **NOT SLEEPING**  **FEELING SAD**

 

**FORGETTING A LOT**  **CAN’T STOP THINKING**

 

**WORRYING/ANXIETY** **SPENDING MONEY**



**EATING TOO MUCH**

 

**HOPELESSNESS** **ANNOYED/IRRITATED**

 

**DRINKING ALCOHOL/ BAD DREAMS**

**USING DRUGS**