

Hi Anxiety: 15 Common But Perhaps Less Recognized Signs of Stress and Disquiet

By Scott LaFee | February 23, 2016



Anxiety isn't quite the same as stress, though both conditions greatly overlap. Stress comes from the pressures we feel in life – at work, at home, wherever, whatever. Anxiety may feel the same but the source might not be known or recognized, which can make it feel even worse.

A little stress or anxiety in life is a good thing – the proverbial

fight-or-flight response – but chronic stress or recurrent anxiety is detrimental to one's health. It has been linked to heart disease, asthma, obesity, diabetes, headaches, depression, gastrointestinal problems, Alzheimer's disease, accelerated aging and premature death.

Some symptoms of stress and anxiety are obvious, such as a racing heart beat for no reason, cold sweats, stomach pain, trembling and maybe insomnia but others are less so. Here's an abbreviated list of 15 common (but perhaps less recognized) signs of chronic stress and anxiety.

- Ringing, buzzing or popping sounds
- Frequent colds or infections
- Excess belching
- Frequent urination
- Increased anger or frustration
- Increased or decreased appetite
- Forgetfulness or confusion
- Feelings of loneliness

- Fidgeting
- Reduced work productivity
- Rapid or mumbled speech
- Constant fatigue
- Excessive gambling or impulse buying
- Increased number of minor accidents
- Problems in communication or sharing



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