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Paleness or flushed skin headaches dizziness or shaking shortness of breath or rapid breathing increased heart rate and elevated blood pressure exhaustion or trouble sleeping digestive issues like bloating diarrhea or nausea emotional and mental symptoms of stress can include anxiety or irritability depression.

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This can cause aches and pains especially in the neck shoulders and back in addition to tension headaches and migraines 3 gastrointestinal issues people dealing with chronic stress may feel like they have a knot in their stomach and could even develop gastrointestinal issues like irritable bowel syndrome Fisher said.

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