

1. Stress Symptom: Weekend headaches

---

2. Stress Symptom: Awful period cramps

---

3. Stress Symptom: An achy mouth

---

4. Stress Symptom: Odd dreams

---

5. Stress Symptom: Bleeding gums

---

6. Stress Symptom: Out-of-nowhere acne

---

7. Stress Symptom: A sweet tooth

---

8. Stress Symptom: Itchy skin

---

9. Stress Symptom: Worse-than-usual allergies

---

10. Stress Symptom: Bellyaches

---