

Stress may affect blood sugar levels, particularly if you use sugary snacks as a 'pick-me-up'.

Symptoms of low blood sugar are similar to those of anxiety and include:

- Headaches
- Blurred vision
- Dizziness
- Shakiness/sweating/pallor
- Frequent sighing
- Fatigue and drowsiness/ Exhaustion
- Nervousness
- Fast heart rate
- Tingling
- Numb lips
- Irritability/ Temper outbursts
- Inability to concentrate /Indecisiveness/ Forgetfulness
- Sleeping difficulties (see below)
  
- Sensitivity to light and noise
  
- Depression/ Mood swings
- Negative/ Suicidal thoughts
- Low libido
  
- Obesity
  
- PMS or Premenstrual Syndrome
  
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Nighttime symptoms include:

- Nightmares
- Waking up very alert
- Damp night clothes/sheets
- Waking up with fast heart rate
- Restlessness and inability to go back to sleep.
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