

# Like a stone in my head

The phrase “like a stone in my head” is often used to describe a feeling of [mental](#) or [emotional](#) heaviness, pressure, or burden. It suggests that something is weighing heavily on one's [mind](#) or causing them [distress](#).

This expression can be used in a variety of contexts. For example, it might describe the feeling of [stress](#) or [anxiety](#) that comes from having too many responsibilities or problems to deal with. It could also refer to a specific worry or concern that is particularly troubling.

Overall, the phrase “like a stone in my head” suggests a sense of mental and emotional weight that can be difficult to shake off or ignore. It conveys a feeling of being weighed down and burdened by something that is causing [discomfort](#) or [pain](#) <sup>1)</sup>

<sup>1)</sup>

Ghedira K, Mechergui H, Moujahed R, Bouali S. Like a “stone in my head”. J Clin Neurosci. 2023 Apr 18;112:55-57. doi: 10.1016/j.jocn.2023.04.009. Epub ahead of print. PMID: 37084525.

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