



# How To Identify Stress

## Recognising Stress

“The adverse reaction people have to excessive pressures or other types of demand placed on them at work.” HSE

### What to look for:

These are some of the many symptoms that are indicators of too much pressure that can come from yourself, work, home, or any combination of these which may include all three. (Please note: there can be other causes so please check with your GP). People exhibiting signs of stress, will eventually become less productive and less effective in the workplace. This is known as PRESENTEEISM.

Psychological signs	Emotional signs	Physical signs	Behavioural signs
<ul style="list-style-type: none"> <li>▪ Inability to concentrate or make simple decisions</li> <li>▪ Memory lapses</li> <li>▪ Becoming rather vague</li> <li>▪ Easily distracted</li> <li>▪ Less intuitive &amp; creative</li> <li>▪ Undue worrying</li> <li>▪ Negative thinking</li> <li>▪ Depression &amp; anxiety</li> <li>▪ Prone to accidents</li> <li>▪ Insomnia or waking tired</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tearful</li> <li>▪ Irritable</li> <li>▪ Mood swings</li> <li>▪ Extra sensitive to criticism</li> <li>▪ Defensive</li> <li>▪ Feeling out of control</li> <li>▪ Lack of motivation</li> <li>▪ Angry</li> <li>▪ Frustrated</li> <li>▪ Lack of confidence</li> <li>▪ Lack of self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>▪ Aches/pains &amp; muscle tension/grinding teeth</li> <li>▪ Frequent colds/infections</li> <li>▪ Allergies/rashes/skin irritations</li> <li>▪ Constipation/diarrhoea/ IBS</li> <li>▪ Weight loss or gain</li> <li>▪ Indigestion/heartburn/ulcers</li> <li>▪ Hyperventilating/lump in the throat/pins &amp; needles</li> <li>▪ Dizziness/palpitations</li> <li>▪ Panic attacks/nausea</li> <li>▪ Physical tiredness</li> <li>▪ Menstrual changes/loss of libido/sexual problems</li> <li>▪ Heart problems/high blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>▪ Not making time for relaxation or pleasurable activities</li> <li>▪ Increased reliance on alcohol, smoking, caffeine, recreational or illegal drugs</li> <li>▪ Becoming a workaholic</li> <li>▪ Poor time management and / or poor standards of work</li> <li>▪ Absenteeism</li> <li>▪ Self neglect / change in appearance</li> <li>▪ Social withdrawal</li> <li>▪ Relationship problems</li> <li>▪ Recklessness</li> <li>▪ Aggressive / anger outbursts</li> <li>▪ Nervousness</li> <li>▪ Uncharacteristically lying</li> </ul>
<p><b>NOTES:</b></p> <p><i>The symptoms that affect you will often accumulate until you are forced to take notice of them. Don't rationalise the symptoms away. If you are not sure – always consult your GP.</i></p> <p><i>It is often the behavioural symptoms that are noticed, as they are more obvious, but by this time stress has been going on for many months, maybe even a year or more.</i></p> <p>Consider seeing a stress management counsellor.</p> <p><b>Always consult your GP if you are concerned about your health</b></p>			